For the information of Medica

GUIDE

Herbo-Mineral Medicines

J.& J.DeChane

Laboratories Private Limited

Hyderabad -500 001, INDIA

GUIDE

Herbo-Mineral Medicines

J. & J. DeChane Laboratories (P) Ltd.

Residency Road, Hyderabad, India

Branches ;

Bombay and Delhi

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PREFACE

we have pleasure In presenting a revised edition of the J. & J. DeChane Guide to Herbo-Mineral medicines. Herbo-Mineral medicines are a combination of various drugs which are processed by constant grinding so as to render them effective even in the small dosage we recommend.

These medicines, besides being efficacious and rapid in action, are without any untoward reactions. The prices have always been kept low so that they may suit the pockets of the majority of the people of India.

64 years ago DeChane started providing an answer to the needs of our people in rural areas. To-day, DeChane's medicines are popular both in rural parts-and to some extent In the cities. This is the historical background, which stimulated the introduction of the 'Medicine Chest, Complete details of which are given in a separate booklet enittled 'Complete DIspensary'. To bridge the communication gap in such a large country both this Guide and the Complete Dispensary's are available in 14 languages.

DeChane's sincerely thanks Medical Practitioners for their support through these 64 years. We have built a large and well spread network of stockists throughout India and even some countries abroad. However, in case of any problem regarding the availability of DeChane Produ[illegible] please write to us and we will see that the near[illegible] DeChane stockist gets in touch with you.

Hyderabad
15th May 1982.

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PART I

Introduction :

J. & J. DeChane was started in 1918, with the object of rendering medical aid primarily to rural areas.

It is common knowledge that most of the villages are beyond the reach of medical aid. India is a land of over 500,000 villages, and more than three-fourths of the total population lives in these villages.

We have, during the last 63 years devoted all our efforts and attention to the health and well-being of these people by providing them with effective, safe and economical medicines.

DeChane's emphasis on prevention rather than cure :

We have always believed in the common sense approach of prevention rather than cure. Only through the creation of sound health for the majority of our people, will we be able to raise our standard of living and make definite progress in reducing the incidence of disease.

We recommend a study of the booklet entitled "Restoration of Lost Health." This booklet is intended to correct certain fallacies of nutrition and general principles of life. Special emphasis is laid on aspects of nervous disturbances and 'Vitality.' We send this booklet by post, on request.

Many people create problems for themselves (and othe through lack of understanding of the simple facts common complaints. Since many diseases can be cure or at least checked, by early treatment-it is harmful to uninformed about one's state of health.

Every disease has a cause but the cause is not alwa the same in every case of the same disease.

The same cause does not always produce the sam disease picture nor is the same disease picture alway due to the same cause.

Most complaints may be said to be due to one or more of the following causes.

1. Improper nutrition, digestion, assimilation and elimination.
2. Mental and nervous disturbances.
3. Changes in the blood picture.

Gastric ulcer may be precipitated by mental and nervous disturbances (in people with 'Ulcer Diathesis'). Pulmonary tuberculosis may be influenced by domestic unhappiness. A large number of chronic complaints are known to be due to a state of psychoneurosis.

Bad digestion may affect the eyes. Nervous disturbances also cause eye affection. Blood changes do bring about changes in the condition of the eye. Similarly all the organs of the human system may be affected by any of the above causes or a combination of any two or all the three causes. Dental problems may arise from improper

digestion; or nervous disturbances or changes in the blood picture.

It is necessary to study the constitutional peculiarities of the patient.

Eye trouble, irregularities of liver, constipation, lung trouble, even earache, toothache or a boil may need some routine internal or external medicine calculated to correct the particular condition-but the treatment is not complete, nor can the result be satisfactory unless a proper study is made of the constiutional peculiarities of the patient.

The combination of the constructive and the curative forms of treatment has been the basis of treatment with DeChane medicines and also perhaps, the secret of the success of our little work.

DeChane medicines arose from the need for combinations-not only of medicines but of medical theories also.

There can be no routine form of treatment in any disease but there are routine remedies to meet the requirements of routine conditions.

Our aim has been to adjust the knowledge acquired by different persons in different spheres and quarters and viewed from different angles.

While all theories may individually be correct, their wholsale application is wrong, because man is a complex being.

Hence the need for combinations, not only of medic but of medical theories also. It is to this task that have devoted ourselves.

DeChane Herbo-mineral medicines are based on principles of Ayurveda, Homoeopathy and Allopat

We have been faced with the immensity of knowled and have felt humbled in facing it.

If man needs a lesson in humility he has only to stu Medical Science, in all its branches. An Allopath cures disease by his own methods. The Homoeopath cur the very same disease by exactly contrary methods. Th Ayurved cures the same disease by his special method And so does the Unani Doctor, the Naturopath, Psycho path etc.

The greatest doctor is he who is humble enough to lear and that from anybody. The greatest doctor is he, wh while knowing much, still thinks he knows little. Th greatest doctor is he who sincerely endeavours to fin out remedies to suit individual pockets. Finally, th greatest doctor is he who has taken pains to study the :

Working of the human mind,

frailties of the human body,

and the angelic aspiration of his soul.

All the three functions play the most important part in the treatment of diseases and he is really a poor doctor who does not know the association of one with the other.

DeChanes have evolved products which present the advantages of the different systems.

We have respect for all the authorities and research workers of the various branches of Medical Science. We have studied their fundamental principles and have tried to find points of agreement. Thus, we have endeavoured to make a combination of the ideas originating in the East and the West. We do not pretend to have evolved a system which is absolutely complete, but we believe that we have made a combination, which while presenting the advantages of the various systems possesses disadvantages of neither of them.

The main principles of Ayurveda, Homoeopathy and Allopathy.

Ayurveda : 'Continuous grinding (trituration) increase the power of the drug.' This is not the same principle of "Potentization" as taught by Homoeopathy.

The Ayurvedic masters observed that "continuous grinding imparted to the medicine a force or power of action very much higher than that possessed by the drug". Hence, our Herbo-mineral medicines are ground and 'atomized' with the result that they operate deeply and act rapidly when administered in small doses.

The term 'Atomized' is used in this guide in the same sense as it has been used by us for the last Sixty three years, i. e., thorough disintegration brought about by continuous grinding.

Experime
rapidity

Dr. Sch
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nts have been carried out to show t
the of action of 'atomized' drugs.
of m
ave de lz, Professor of Pharmacology at the Univers
fswald put yeast cells into a solution of Mercu
DeCh de of various strengths. In the strongest soluti
princ east cell were quickly killed. In the weaker sol
, the cells remained alive for a longer time. In st
We aker solution, the cell vitality was checked.
and
owever when these yeast cells were put into solutio
of 1 in 7 to 8 million, their vitality was accelerated
such an extent that the yeast cells multiplied rapidl
Thus we see that where tiny doses (and particularly
atomized medicines) give proper stimulation to the sys
tem strong doses either arrest or positively destroy th
power of the system-and actually cause disease othe
than those that are sought to be cured.

Again, it has also been showed that 'atomized' medicine
are absorbed from the mucous membrane of the mouth
into the system before reaching the stomach. Thus, i
acute conditions, the medicines work within minute
and not hours.

In order to prove that it is possible for minutely ionized
and molecularly suspended substances (such as ou
atomized medicines) to be absorbed directly into the
blood from the mucous membrane of the tongue, Dr
Med Mendal of Essen conducted the following experi
ments.

He touched the surface of a person's tongue with a smal
glass rod dipped into a solution of Digitalis (atomized)

After a few seconds, the controlling apparatus registered the effect upon the heart. He next took ionized Morphia and let a drop fall on the tongue of the test person. After two minutes he could prove the presence of the medicament in the person's blood, drawn from his artery.

Therefore, our compounds when administered in minute doses or in dilution in acute cases, work very rapidly sometimes to the utter astonishment of the doctor. 'Engrafting' is another term special to Ayurveda and to some extent, to the Unani system of medicine. This means grinding of minerals and metals into various herbal extracts, which also means the same thing as combining solutions of metals and minerals with tinctures and extracts. However there is a difference that whereas liquid compounds have to undergo chemical changes, in powder form they retain their full natural strength, and by virtue of the unique efficacy, operate more deeply and produce lasting results. The Ayurvedic Masters also observed that "what action a crude drug produces, its opposite action is produced by its atoms". This principle differs from Homoeopathy merely in terminology-**Similia similibus curantur.** This is also a principle followed by Allopathy. The latter two systems, however, have an explanation which is regarded as scientific but fundamentally all three follow the same principle and obtain the same results varying only in degree.

Allopathy

Many eminent medical authorities even in the allopathic system, maintain that 'while massive doses lower resistance to various bacteria, small doses increase this power' small doses act as antigen, and produce anti-

bodies, protective and curative'. They also maintain it is not the quantity of medicine that matters but IONS absorbed into the system. "Atomization" h adequate **Ionization.** Dr. W. Karo in his book "Uri and Prostatic Troubles" writes "Homoeopathy and A pathy have to supplement each other, both have to kn exactly the limit of their efficiency. Only by co-opera can the ideal art of the future be brought forth."

We stress on the spiritual side of medical work :

We have been told by some, that it is not proper for to introduce spiritual questions in dealing with pu medical matters.

The doctor has to deal not only with the body of a m but also with his mind, because the mind works up the body and therefore in a sense the mind needs m attention than the body. But the state of mind deper upon the health of the spirit commonly called the So and therefore the body, mind and soul are inter-conne ted and depend upon one another for their welfare.

This thinking has conditioned the formulation DeChanes Herbo-mineral remedies because we consic Man as a complete unit-his different systems comprisi parts of a well-balanced whole.

We do not consider any one part as being ill, but cons der the manifestations of illness in one part or system its relation to the whole individual.

If we analyse the new findings of the research schola of the world, we see that fundamentally it is only th

spirit of man that contributes to his own happiness or misery, his own success or failure, his own good health or ill health.

The principle that doctors should treat the patient and not the disease implies that he should take into account the patient's mode of eating and drinking; of living; of thinking and acting. All these are influenced by his attitude towards life and unless this attitude is correct, neither his thoughts nor his actions can be correct.

Psychotherapy-science of treating the mind, and in turn, the body.

It is said that the best remedy for nervous diseases, is the **development of the spiritual side of the patient.**

Doctors who have studied only science and nothing about Him who is Teacher of science will call this **Psychotherapy.**

Psychic influences play a very great part in the treatment of diseases in general and in nervous affections in particular. However psychological powers at best can only twist the imaginative faculties of the patient and serve to infuse greater confidence into him or her in the ability of the Doctor to cure a disease. Thus far, psychotherapy will certainly do much good, but it cannot go further.

Spiritual development on the other hand does not merely play upon the imagination but arouses the special faculties of the soul. It is with this soul-force combined with co-operation with the doctor and his medicines, that the patient gets well-or learns to bear up to the pains and

inconveniences of the disease with calm resignation a
a smile.

**Certain fundamentals for preventing and curi
diseases.**

Every educated person ought to know

(a) how to accept life philosophically and
(b) how to take care of one's own health and the healt
of those entrusted to his care.

To accept life philosophically means that we should rea
lise that we are in the world not by our own will but b
the will of the Creator, and that He has an object i
sending us here, and that we have to fulfil that objec
and that on the fulfillment of that object depends entirel
our happiness or misery. Failure to grasp this poin
makes us go through life with a terrible rush, not under-
standing what we have to do and what we have not to
do with the result that all we do and all we may accom-
dlish is neither of use to ourselves nor to anybody else.
It is a purely wasted life.

The second obligation imposed by education is that
every person should at least know the elementary laws
of good health. How many educated persons are there
who could say that they are not responsible for their
ill-health ?

**Let us consider the ordinary principles of maintain-
ing good health and of curing illness.**

The value of health is appreciated only when we lose it.
Most of us have to repent for past follies. If the patient

is responsible for his present ill-health, he need not despond.

He can certainly regain it. However, he must understand the preventive measures for his own sake, and for the sake of others-so that he may also help them to avoid the mistakes he may have made in the past.

The most common failing of the human nature is indiscipline.

A major problem can be when we cannot say 'no' to any of the promptings of our senses.

We are entirely under the domination of our senses and we will not say "no" to any of their promptings. Senses are gifts of nature and therefore a real blessing. but unchecked they are our greatest enemy. It is the senses and sensuality in every form that is responsible for so much ill-health and misery. It is therefore necessary to control eating and drinking, prevent worry and dissipation, ensure proper healthy recreation, have proper exercise, regulate number of hours of work, recreation and time of sleep.

It is good to work hard, learn to serve others, be unselfish and seek opportunities to be good and do good. These are in reality the laws of good health, to which may be added others laid down by science.

Another important law is to live within our means.

It might seem even silly to say this but, since so many people forget this basic principle, It is necessary to do so. To pretend to be bigger than we really are, has disas-

trous moral results. With an inflated brain, we g
inflated ideas, and in turn go into inflated actions.

The sages of old, knew the near and distant causes
illhealth-and have often spoken plainly and bluntly
the need to live within means.

And there must be TRUST .....

IN GOD

in the doctor, medicines and
own self.

When we are ill, our mind, as a rule becomes tricky. W
run from Doctor to Doctor. Gulp down one medicin
after another. This procedure only helps to worsen ou
condition.

It is therefore, necessary to remain cool, to remain faith
ful to the doctor in whose hands the patient has pu
himself. The doctor must be given time and a chance t
cure. It may take time to cure a chronic disease, but th
results are generally better and the cure lasting. Quic
cure of chronic diseases is often deceptive.

**Living in an Age of Science should not mean disres
pecting the Laws of Nature.**

If treatment is undertaken (i. e., with our medicines) wit
the aid of instructions given in our literature it is necessar
to thoroughly understand the patient's constitutiona
peculiarities, understand the disease, understand the reme
dies selected and finally understand what things, wha
thoughts and what actions must be avoided in order to
help the medicines to work rightly. It must not be for-

gotten that medicines have their limitations and that they are only helps to Nature. Hence the laws of Nature must not be violated but observed as strictly as circumstances will allow.

We are living in an Age of Science. But sometimes, in paying homage to Science, we disrespect Nature-the mother of Sciences.

People now think that drugs, tonics, injections, etc., can do everything for them and that they should do nothing for themselves. This is absurd. Taking medicines indiscriminately produces diseases which are sometime worse than the ailment for which the medicine was taken. Strong medicines should be administered with care. Even harmless medicines like DeChane Herbo-mineral medicines should not be abused.

Vitality-Preventive against disease.

Vitality is a word which has been greatly misunderstood. To the medical person it would mean 'the proper functioning of the numerous CELLS in the human body.' Lay people think 'vitality' is synonymous with 'strength' and everybody is diligently studying how to get it.

However, we are of the opinion that Vitality is-physical, mental and spiritual.

Mental vitality is naturally, the most important-as compared to the other two. It is the mind that rules the body. A weak bodied person lives much longer through sheer force of mind. A person with strong mental vitality overcomes disease more easily than a person with weak

mental faculties. Hence the truth of the old adage-healthy mind in a healthy body.'

Spiritual vitality is another important facet-as life its shows us.

Who are the people that command our respect ? N necessarily the person with a fine physique, nor the o who is very learned ; nor the one who is rich or beautifu But it is always the person of however humble statio who does what is right and scrupulously avoids th wrong. It is not necessary to be a **'Sanyasi'** to hav spiritual vitality. All that is required is to lift up ou hearts to the Creator, and to accept all things that happe to us, as the accomplishment of His will.

It is easy to call this defeatism. However it is our belie that when man obeys God, all things obey man-but, wher man revolts against God, all things subordinate to mar revolt against him-even medicines.

Revitalisation-with proper attention to nutrition, assimilation and elimination.

Our physical well being depends in large measure on the manner in which we regulate our life. In essence, we have to live for Duty-not Pleasure.

Patients often come to doctors with a complicated history of various complaints, asking for advice and treatment. Special emphasis is laid on wanting to regain 'lost vitalily.' However, they forget that vitality is a blessing of good health and that unless impediments to good health are removed, vitality can never be brought back.

An understanding of (1) the basic principles of good health (nutrition, digestion, assimilation) and (2) details given under the head 'Constitutional treatment' in Section III devoted to Treatment of Disease-shows what we have to **do ourselves** to restore vitality and what **Science does for man,** respectively.

Nutrition

Good nutrition means that we have to eat rightly. To eat rightly does not mean to eat richly. Right food is that food which is natural to each one of us. What is meat to one is poison to the other. People eating chutney and chappaties are often more muscular and hardy than those who eat duck and turkey.

Scientific nutrition means that we can enrich our food. Our polished rice and baker's bread have very little food value. Richer things are too heavy for our weak stomachs and other things are too expensive for our small income. Here it is that Science comes to the rescue. The addition of a teaspoonful of 'Albo-Sang' twice a day, will help to make up for the nutritional shortfalls and maintain good health.

Digestion

Good digestion is the key to good health. Digestion depends upon what you eat and how you eat. We may eat wrong things and we may eat right things in a wrong way.

Food must be masticated and nothing should go down the throat until it is reduced to pulp in the mouth by the teeth. Mastication prevents over-eating. Bad teeth and

bad digestion go together. Good teeth are a result
good digestion and good digestion, a result of good tee

Digestive troubles are often deceptive. Persons who e
well (and they invariably over eat) and assert that th
digestion is excellent, may be suffering from indigesti
of a worse type than others. Digestive troubles are al
caused by excessive tea and coffee drinking and smokin

Assimilation

Assimilation is said to be improper when a person ea
well and digests well and yet looks anaemic. This is du
to several known and unknown causes explained unde
'Treatment' in Section III.

**Common problems–Nervous disturbances changes i
blood picture.**

Nervous disturbances

Good health is also regulated by the nervous system. Ou
super-civilization has imposed a heavy tax upon the brai
and nerves. Even children are born nervous. The ver
best nature remedy for nervousness is regularity of habits
restful sleep and cool-headedness. Coolness of head ca
only come with the right conception of life. If we live fo
pleasure or fame or wealth, these very things become
our enemy some day.

If we live for DUTY then the Master, who has imposed i
upon us, naturally helps us to realize our responsibilities
and to go through life manfully. This is the philosophy
of life but philosophy needs help from nature and ou
poor nerves have got to be attended to by means of aids
so kindly and generously provided by science.

Nervous affections are due to natural causes as well as to unnatural causes. Natural causes are illness, mental strain, overwork, worries, sorrows and several ups and downs of life to which we are subject. The unnatural causes are acts against nature, burning of one's candle at both ends, self-abuse and excesses of every sort. No one can break the laws of Nature and go unpunished.

Nervous diseases can be brought on by improper nutrition, digestion and elimination and the trouble disappears by putting right what has gone wrong. On the other hand nervous disturbances can derange digestion, assimilation, elimination, and even vitiate blood. It is a vicious circle and a medical problem.

The following quotation which is described as "A brief of a new approach in modern medicine" shows the importance of treating the nervous system in all cases.

"Nearly half a millenium B. C. Socrates came back from army service to report to his Greek countrymen that in one respect the barbarian Thracians were in advance of Greek civilization. They knew that the body could not be cured without the mind." This he continued, "is the reason why the cure of many diseases is unknown to the physicians of Hellas, because they are ignorant of the whole."

Changes in Blood Picture

As we have seen, anything may vitiate blood and vitiated blood may cause nervous troubles as well as bring on digestive troubles. We explain under Treatment the various conditions of blood, the most important of which are the two mentioned below :-

Blood changes due to Chronic Malaria

This disease is playing havoc in India. It is not genera known to lay persons that Malaria remains hidden in t system for years. No matter whether a person has h Malaria 25 days or 25 months ago, there is always possibility that it is working damage secretly in t system. One characteristic manifestation of Malaria chronic and latent form is that digestion gets out of ord on the least pretext. In some cases there are feveri symptoms, in others the thermometer shows no rise temperature.

Blood changes due to Venereal diseases

Those who suffered from Gonorrhoea or syphilis an have not taken pains to treat themselves adequately mus be prepared to experience all forms of obstructions no only in the treatment of disease in general but also i maintaining good health.

According to medical authorities venereal poison remain active for several years in the body, and therefore, person who might have contracted it must persevere in the pro cess of "purification" for a number of years even though a systematic medical treatment may have been undergone in earlier years. The patients should not have a sense o false security and assume that because they do not see any particular signs of these diseases, they are absolutely sound. We do not wish to frighten people.

We therefore suggest means of regaining lost health- means which science and experience have shown to be good, expeditious, reliable and perfectly sound.

Materia Medica

PART II

'he dose of DeChane herbo-mineral medicines is mall

/here not specifically mentioned, the dose of tablets is $\frac{1}{2}$ ɔ 1 tablet for children and 1 to 2 tablets for adults.

:s a rule the lower limit specified above should be follo-'ed. However, in cases where prompt relief is necessary . g., in high fever, colic, etc., the maximum dose may se administered.

'he usual interval between doses is 4 hours

owever, as the patient improves, the interval between ɔses should be increased and the dose should be ecreased. This procedure will give Nature a chance ɔ assert itself.

ehicles do moderate or accelerate the action of ıedicines

lédicines given in warm water or warm water taken after dose makes the medicine work quickly. Honey (just a w drops to about $\frac{1}{4}$ or $\frac{1}{2}$ teaspoonful) is another benefi-al vehicle especially in lung and chest affections and hen a little stimulation is required.

Time of administration

Curative medicines work well when given on an emp or partially empty stomach - say 1 hour before food or hours after food.

The purely constructive medicines are generally give immediately after food or diluted in any liquid diet.

No diet restrictions with DeChane medicines

There are no diet restrictions of any sort. The patient ca eat what agrees, and avoid what disagrees with him. I active disease, the diet should be light solid or liquid Particularly in digestive troubles, the success of treat ment depends entirely on proper diet management.

Combinations

All DeChane Medicines may be combined with one another and upon intelligent combination depends the success of medicine in general. Two or three may be taken to make a special compound for special requirements. Make the combinations in the required proportions, taking more of one and less of the other and so on.

Further trituration of DeChane medicines can help increase the potency

DeChane herbo-mineral medicines may be triturated homoeopathically to any potency with sugar.

An Allopathic Doctor, who has made a thorough study of Homoeopathy reports that he finds DeChane's Meditab and Albo-Sang in 3x to be more effective.

A word about Fomentation

Fomentation may seem to be an old fashioned treatment but it is effective and can sometimes be beneficially used as an adjunct to administration of DeChane medicines. Moist fomentation is said to give more satisfactory results than dry or wet fomentation.

* A brick has to be heated in fire.
* wrapped in wet cloth (squeezing out the water)
* wrap the whole in DRY cloth in several folds
* foment affected parts
* remove a fold or two as the heat decreases.

This fomentation is excellent in pains, colics, bronchitis, etc. In rheumatism and other special needs, some salt may be sprinkled on the inner cloth-or the cloth made wet with salt water.

DeChane's ointment products-for external application.

External medication often helps internal medication. However, the cure must come from the inside and not from the outside. Sometimes, only an external application may suffice, at least to give prompt relief in severe pain, sudden inflammation, irritation in throat, ear, etc. Generally, external aids must be used in conjunction with internal medicines.

In making ointments of Herbo-Sulph or of Healan, the usual rule is to mix well 1 part of the medicine with 5 parts of any bland oil, or vaseline or for better results

with Ripanto-making the ointment weaker as progre
is visible.

Rubzon and Chesol are very useful in aches and pai
and in lung/chest affections, throat troubles, tonsillit
rheumatism and such other conditions.

**DeChane's Injectable products give fast action an
are harmless.**

DeChane's herbo-mineral medicines produce excelle
results when administered hypodermically. The injection
are painless and give no adverse reactions.

DeChane injections may be given once every 24 hour
but as improvement sets in the interval between injec
tions may be increased.

Further details on specific products are given under th
'Product Monographs'.

DeChane's Medicine Chest-a unique feature.

The DeChane Medicine Chest contains 8 medicines which
have been carefully chosen, based on the most commo
needs of people.

Each Medicine Chest contains a Direction Booklet printe
in 14 languages.

Medicine Chests have been used over the last 50 years fo
Rural Medical Aid, by Governments and charitable insti-
tutions in all parts of India. They are also used as Home
Dispensaries by lay persons. We make available a special

eaflet 'A Complete Dispensary' for those in remote areas vhere professional medical aid is not easily available.

)eChane's herbo-mineral medicines work rapidly in both acute and chronic cases. Once the medicine has acted beneficially, even a maintenance dose is sufficient to keep up the progress and to help Nature.

)eChane's herbo-mineral medicines are absolutely harmless in the recommended doses.

The prices have been kept low because it has been our principle for over 60 years to cater to the needs of the poorer sections of people in India-who need effective products, which are safe and at low cost.

Agarco

Sedative and anti-convulsant tablets

Description

Agaricus, in minute doses, acts as a sedative and a spasmodic, and is of great value in convulsive disorc and hysteria. Lilium exerts a powerful influence on pelvic organs. Agarco is useful in hysteria since so pathological conditions ot the uterus and ovaries m reflexly cause hysterical symptoms. Aethusa is a sec tive, prevents restlessness, irritability and vertigo.

Composition

Each tablet contains :

Tr. Agaricus Q	0.0064 ml.
Tr. Aethusa Q	0.0064 ml.
Tr. Lilium Q	0.0132 ml.

Indications

Convulsions in infants and children.

Hysteria in women. Hysterical manifestation in childre and men.

Epilepsy. Give Vital Essence during day, and Agarc at bedtime. Treatment should be continued.

For patients prone to repeated attacks the same treatmen with Vital Essence should be given.

Dose

Infants and small children : $\frac{1}{4}$ tablet crushed can be given with milk or honey.

Older childern and adults : ½ tablet, 3 times daily.
To be given half-an-hour before food.

Pack
Bottle of 50 tablets

Albo-Sang

Nutritional supplement-powder and tablets.

Description
Combination of essential minerals with some important Indian herbs used in ayurvedic medicine for their nutritive value and reinforcement of diet. Provides the essential ingredients necessary for cell-nutrition and is also useful for patients whose digestion is poor.

Composition
Each 100 g. contains :

Calcium Lactate I. P.	5.71 g
Calcium dibasic phosphate I. P.	3.43 g
Tribasic Magnesium Phosphate N. F. 55	1.14 g
Asgandh (Withania somnifera)	8 g
Traces of Copper and Iron	

Each tablet contains :

Calcium Lactate I. P.	54.0 mg.
Calcium dibasic Phosphate I. P.	36.0 mg.
Tribasic Magnesium Phosphate N.F. 55	3.6 mg.
Asgandh (Withania somnifera)	55.0 mg.
Mag. Carb as filler	
Traces of Copper and Iron.	

Indications

As a supplement : To poor quality diet, and for patie whose digestion is weak.

In general debility : Associated with lack of mental a physical energy, senile debility, loss of memory a concentration, premature ageing due to disease or stre

Infant feeding : Given with fresh milk for infants w are not breast-fed or bottle-fed. It improves digesti bowel habits, general health and helps weight gain.

Growing children : Meets the increased demand f minerals and other nutrients, corrects malnutritio improves appetite, mental and physical energy, and help weight gain.

Nursing mothers : Supplies the increased demands o calcium, phosphorus and other minerals during pregnanc and lactation. Abolishes the strain of breast-feeding an enriches breast milk.

Mental workers : To overcome physical and menta stress due to overwork and tension.

Elderly persons : As a nutrient tonic and health restora- tive in old age.

Illness and Convalescence : Helps to raise the defence mechanism of the body, hastens quicker recovery by improving appetite and digestion.

Anaemia : As an adjunct in the treatment of anaemia. Corrects general debility, improves appetite.

Dose

Albo-Sang powder is suitable for infants and children. Adults may prefer tablets.

an be taken with tea, coffee, milk, curds, porridge, uit-juice, any liquid food, or diluted with water.

nfants : $\frac{1}{4}$ teaspoonful twice a day.
hildren : $\frac{1}{2}$ teaspoonful twice a day.
dults : 1 teaspoonful or 2 tablets twice a day.
irections enclosed with each pack.

ack

owder— Pack of 170 g. & 450 g.
ablets—Bottle of 60 tablets & 250 tablets.

myglia

nti-spasmodic tablets.

escription

combination of drugs specially useful for the relief of rterial tension and angina pectoris.

omposition

ach tablet contains :

Tr. Lilium Q	0.0004 ml.
Glonoinum 3x	1.6 mg.
Natrum Nitrosum 3x	205 mg.

ndications

or relief of angina pectoris, since it acts by dilatation f the coronary artery.

For relief of headaches and high blood pressure, w
immediate relief is desired (as it dilates blood ve
and lowers blood pressure.)

When Phenocalcine or Vital Essence does not re
headache, give Amyglia. Spasmodic affections
dysmenorrhoea, asthma, whooping cough, convuls
in infants, migraine etc.

A crushed tablet placed under tongue frequently ab
an attack of epilepsy.

Dose

½ tablet, three times a day.

Pack

Bottle of 50 tablets.

Auratinum

Anti-inflammatory tablet for female disorders.

Description

Drugs specially compounded in tablet form, for the
effect on the uterus and ovaries.

Composition

Each tablet contains :

Aurum muriaticum 3x	24 mg.
T. Pulsatilla Q	0.008 ml.
Tr. Thuja Q	0.0024 ml.

harmacology

urum Muriaticum is effective in disorders of the pelvic gans in the female. It also has a marked effect on gh blood pressure.

. **Pulsatilla** is particularly useful in emotional patients. relieves neuralgic pains and aches and is also used in menorrhoea and to correct menstrual irregularities.

. **Thuja** is specially useful in leucorrhoea, scanty and tarded menstruation, pain in the inguinal region due to varitis or salpingitis.

dications

flammatory conditions of the uterus and ovaries, sociated with pain or disorders of menstruation.

ceration of the cervix, leucorrhoea, scanty and irregular enstruation.

articularly useful for emotional women who exhibit a riety of symptoms like neuralgic pain, profuse perspi-tion, dysmenorrhoea, coldness of the body etc.

ose

to 2 tablets three times a day, preferably ½ an hour efore food and at bed-time.

ack

ox of 10 strips of 10 tablets each.

Benzomones

Injection for relief of bronchial asthma.

Description

Ampoules containing bronchodilators, expectorants sedatives for quick relief of bronchial asthma.

Composition

Each ml. represents :

Arusha (Adhatoda vasica)	0.01 mg.
Datura (Datura metel)	0.02 mg.
Asgandh (Withania somnifera)	0.02 mg.
Ephedrine Hydrochloride I. P.	8 mg.
Preservative Chlorobutol I. P.	0.5 %

Pharmacology

Ephedrine Hydrochloride promptly relieves broncho pasm and dyspnoea.

Arusha is an expectorant and pulmonary antisepti **Asgandh** and **Datura** have anti-spasmodic and sedativ action, also relieve dry hacking cough.

Indications

Bronchial Asthma.

Dose

Intramuscularly.
$\frac{1}{4}$ ml. for children, 1 ml. for adults.
May be repeated every 24 hours, if necessary. Concom-mittant use of Desma obviates the need for repeated injections.

Pack

Box of 10 x 1 ml. ampoules.

Bio-Sal

Gripe water

Description

Gripe water of choice, a dependable household remedy for digestive troubles of infants and young children.

Composition

Each 5 ml. (one teaspoonful approx) contains :

Oil Anethi I. P.	0.000615 ml.
Oil Cari I. P.	0.000615 ml.
Sodium Bicarbonate U.S.P.	71.5 mg.

Alcohol 4-6% v/v in a palatable syrupy base.

Indications

Loss of appetite, acidity, colicky pain, digestive disturbances, flatulence, diarrhoea, fermentation.

Teething troubles associated with flatulence, diarrhoea, restlessness, convulsions and other digestive disorders.

Regular use morning and night stimulates appetite, aids digestion, prevents diarrhoea.

Can be safely given during illness and convalescence to help improve appetite and bowel functioning.

Dose

For new-born :	¼ teaspoonful, twice daily
1-6 months :	½ teaspoonful, twice daily
6 months-1 year :	1 teaspoonful, twice daily
Above 1 year :	1-2 teaspoonful, twice daily

Pack

Bottle of 110 ml.

Brahamdine

Uterine tonic tablets.

Description

A combination of ayuvedic drugs well known for centuries for their tonic action on the uterus.

Composition

Each tablet contains :

Lodhra (Symplocos racemosa)	52 mg.
Ashoka (Saraca indica)	52 mg.
Asgandh (Withania somnifera)	28 mg.
Balatagra (Valeriana wallichi)	28 mg.
Pila Dhatura (Argemone mexicana)	2 mg.

Pharmacology

Lodhra relaxes uterine tissues, acts as an astringent tonic in dysmenorrhoea, menorrhagia, leucorrhoea. It also normalises irregular periods.

shoka is an astringent, uterine sedative and a regulator f menstruation. The two together are highly effective in eucorrhoea and disorders of menstruation.

sgandh, Balatagra and **Pila Dhatura** relieve anxiety, nd give a sense of well-being. Asgandh is also used in eneral debility. Balatagra is a valuable nerve tonic nd anti-spasmodic, and its action is enhanced by Pila hatura.

ndications

xcessive bleeding, leucorrhoea, irregular periods.

bleeding is profuse, it can be combined with HINIUMCO.

ose

to 2 tablets morning and at bed-time.

ack

ox of 10 strips of 10 tablets each.

hesol

mbrocation for external use.

escription

n embrocation for muscular aches and pains, chest olds and bronchitis.

(3)

Composition

Each 100 g. contains :

Rati (Abrus precatorious)	7.5 g.
Sufedrai (Brassica campestris)	5.0 g.
Lalmirchi (Capsicum annum)	10.0 g.
Ghikanvar (Aloe barbadensis)	5.0 g.

The extract of these indigenous herbs are highly effe
in rheumatism, stiff joints, bronchitis and chest c
with cough and headache. Also effective in wastin
muscles in paresis.

Application

The oil should be rubbed well at the site of pain
stiffness. In bronchitis, apply to the chest and rub ge
For delicate skin of babies the strength of Chesol ma
reduced by adding an edible vegetable oil after 1s
2nd application.

Pack

Bottle of 30 ml.

Bottle of 125 ml.

Chiniumco

Haemostatic tablets

Description

A combination of ayurvedic drugs for checking profu
bleeding.

Composition

Each tablet contains :

Dalchini (Cinnamomum zeylanicum)	12 mg.
Mainphal (Randia dumetorum)	3 mg.
Revandchini (Rheum webbianum)	44 mg.
Kalikatuki (Helleborus niger)	24 mg.
Babunkephool (Matricaria chamomilla)	46 mg.

Pharmacology

Cinnamon apart from being a carminative, astringent and stomachic, is a good haemostat. It is a stimulant to uterine muscle and is used in prolonged labour due to defective uterine contraction.

Mainphal is an aperient and ecbolic, and a bitter tonic.

Helleborus Niger is useful in amenorrhoea and is a cathartic emmenagogue.

Chamomilla is a diuretic, anti-spasmodic. It is also a stimulant and carminative, increases biliary secretion. It is used principally in dysmenorrhoea, menorrhagia, cramps in leg, flatulent colic and in icterus.

Indications

Profuse bleeding whether in uterine affections or in piles or through the nose or mouth and dysentery.

Painful complaints in the female of the uterus, fallopian tubes, ovary, referred to in lower abdomen.

Dose

Children : $\frac{1}{4}$ to $\frac{1}{2}$ tablet, 3 times a day.
Adults : 1 to 2 tablets, 3 times a day.

Pack

Box of 10 strips of 10 tablets each.

Dangine

Anti-spasmodic tablets for control of cough

Description

Valuable herbs for spasms of cough, specially whoop
cough and spasmodic cough of children.

Composition

Each tablet contains :

Phitkari	14 mg.
Arusha (Adhatoda vasica)	30 mg.
Nala (Lobelia nicotianaefolia)	30 mg.
Dudhi (Euphorbia pilulifera)	49 mg.

Pharmacology

Phitkari is an astringent, anti-spasmodic, antiseptic a
has a soothing effect on the respiratory tract.

Arusha is a very popular expectorant used in acute a
chronic bronchitis. It also liquefies the sputum.

Nala is an anti-spasmodic, expectorant, mainly used
reduce bronchospasm during an attack.

Dudhi has depressant action on the cough centre b
relaxes bronchi and is particularly effective in children
cough.

Indications

Harassing spasmodic cough specially whooping cough.

Dose

For children $\frac{1}{4}$ to $\frac{1}{2}$ tablet every 4 hours.

For smaller children the tablets are crushed and given with honey.

In severe cases, the dose is repeated every 2 hours. If the child is suspected to harbour worms, a dose of PIPARID should be given.

To raise general resistance and to bring about quick recovery, it is advisable to give ALBO-SANG with milk twice a day.

Pack

Box of 10 strips of 10 tablets each

Decil

Analgesic and antipyretic tablets

Description

Combination of two well known analgesics and antipyretics with caffeine.

Composition

Each tablet contains :

Acetylsalicylic Acid I. P.	225 mg.
Paracetamol I. P.	125 mg.
Caffeine Anhydrous I. P.	30 mg.

Pharmacology

Acetylsalicylic acid is the most popular antipyr analgesic. In addition, it has powerful anti-inflamma effect and is the drug of choice for rheumatic pains.

Paracetamol has similar analgesic/antipyretic actio acetylsalicylic acid.

Caffeine has a stimulant action on the C.N.S. brightens the mood.

It is generally accepted that mixtures of analgesics g better result than higher doses of one drug alone, prob bly by giving less unwanted side effects for equival relief of pain. Combinations of analgesics, with ea other and with caffeine are more effective than t ingredients given alone.

Indications

Headache including migrainous headache, toothach dysmenorrhoea, musculo-skeletal pain, rheumatic pai neuralgia.

In all febrile conditions where it is desirable to low the temperature, influenza, common cold etc.

Dose

Adults : 1 to 2 tablets every 4 hours if necessary.

Children : 3 – 5 years $\frac{1}{4}$ to $\frac{1}{2}$ tablet every 4 hours necessary.

Over 5 years : $\frac{1}{2}$ to 1 tablet every 4 hours if necessary.

Pack

Box of 10 strips of 10 tablets each.
Pack of 500 tablets.

Desma

Anti-asthmatic tablets

Description

A combination of ayurvedic drugs for relief in asthma Also used as an expectorant in cough.

Composition

Each tablet contains :

Huma (Ephedra gerardiana)	130 mg.
Arusha (Adhatoda vasica)	40 mg.
Meradu (Polygala chinensis)	60 mg.
Nala (Lobelia nicotianaefolia)	25 mg.
Dudhi (Euphorbia pilulifera)	40 mg.

Pharmacology

Huma (Ephedra gerardiana) relaxes the bronchial muscle, and is used in the prevention or to cut short an attack of bronchial asthma. Its action is due to its alkaloid, Ephedrine.

Arusha is a very popular expectorant, used in acute and chronic bronchitis. It also liquefies the sputum.

Nala is an antispasmodic, expectorant mainly used to reduce bronchospasm during an attack.

Dudhi has a depressant action on the cough centr
relaxes the bronchi. Particularly effective in chil
cough.

Meradu is well known expectorant and mainly us
stimulate the cough centre so that the phlegm ca
easily coughed out.

Indications

(1) To prevent an attack of asthma (2) Treatmen
asthma to give immediate relief (3) Chronic cough, c
following infection of the respiratory tract, common
bronchitis etc.

Dose

Adults : 1 to 2 tablets 3 or 4 times a day.

Children : ½ to 1 tablet 3 times a day.

Pack

Box of 10 strips of 10 tablets each.

Diasyn

Anti-diarrhoeal tablets and injection

Description

A soothing combination of drugs for the treatment
diarrhoea and dysentery.

Composition

Each tablet contains :

Kurchi (Holarrhena antidysenterica)	66 mg.
Bael (Aegle marmelos)	16 mg.
Sonegeru (Silicate of Alumina & Oxide of Iron)	32 mg.
Balharde (Terminalia chebula)	32 mg.
Dar-hald (Berberis aristata)	100 mg.

Each ml. represents :

Kurchi (Holarrhena antidysenterica)	0.07 mg.
Balaharde (Terminalia chebula)	0.32 mg.
Bael (Aegle marmelos)	0.25 mg.
Dar-hald (Berberis aristata)	5 mg.
Preservative Chorobutol I. P.	0.5 %

Pharmacology

Kurchi and **Bael** are two well known drugs used for the treatment of diarrhoea and dysentery, particularly for acute and chronic amoebic dysentery. Kurchi has been found to be very effective by Indian and Western authorities. **Sonegeru** is soothing to the griping. **Berberis Aristata** has recently been found to be very effective in bacterial diarrhoeas including bacillary dysentery and gastroenteritis. It is believed to be effective against both trophozoite and cystic forms of Entamoeba histolytica.

A judicious combination of these drugs is not only effective against diarrhoeas and dysenteries, but has a soothing effect on intestinal mucosa.

Diasyn is safe and free from toxicity.

Indications

Amoebic and bacillary dysentery, diarrhoea, mucc colitis, intestinal fermentation, infantile diarrhoea.

Dose

Adults : 1 to 2 tablets every 4 hours.

Children : ½ tablet every 4 hours.

N. B. Injections of Diasyn are also available for prom effect in acute cases. Simultaneous administration 1 ml. intramuscularly with oral therapy, gives prom relief.

Pack

Box of 10 strips of 10 tablets each.

Bottle of 250 tablets

Box of 10 x 1 ml ampoules

Box of 50 x 1 ml ampoules.

Entrops

Local antiseptic for ear, nose, throat. For external use.

Description

Effective bactericidal local antiseptic with analgesic action.

For local application in ear, nose, throat and gums

Note : NOT TO BE USED FOR THE EYES.

nposition

ch 100 g. contains :

Phenol I. P.	0.91 g.
Eucalyptus Oil I. P.	1.14 g.
Camphor I. P.	0.23 g.
Vegetable oil base	q. s.

ications

ections of the mouth and throat including tonsillitis, ıryngitis. Infections of the gums and buccal mucous mbrane, in dental caries.

a drop in the ear or nose.

an application in infected wounds and abscess.

plication

ery 3 hours by a pledget of cotton wool.

a drop : 1-2 drops every 2-3 hours.

a dressing : Cotton packs soaked may be applied ery 4 hours.

ore in a cool place, away from light. Shake well ore use.

ck

ttle of 30 ml.
ttle of 125 ml.

Fluzen

Anti-influenza tablets

Description

Combination of herbal drugs with salicylamide for
treatment of influenza, respiratory tract infect
muscular pain.

Composition

Each tablet contains :

Salicylamide N. F.	200 mg.
Kalikatuki (Helleborus niger)	5 mg.
Lasun (Allium sativum)	0.1 mg.
Jaiphal (Myristica fragrans)	0.4 mg.

Pharmacology

Salicylamide is an analgesic, anti-pyretic with anti-inf
mmatory properties similar to acetylsalicylic acid, b
much better tolerated than the latter compound.

The indigenous herbs are expectorant antiseptics used
the treatment of bronchial infections and act as carm
native.

Indications

Influenza, specially with muscular pain, respirato
infections, bronchitis etc. Can be used as a prophylact
or at the onset of an attack.

Dose

Adults : 1 to 2 tablets 3 times a day.
Children : $\frac{1}{4}$ to $\frac{1}{2}$ tablet, 3 times a day.

ck

ox of 10 strips of 10 tablets each.

ottle of 250 tablets.

errous Fumarate Tablets I. P.

afe, effective and the most convenient haematinic r

on deficiency anaemias.

omposition

ach tablet contains :

Ferrous Fumarate I. P. 200 mg.

escription

rrous Fumarate is one of the most stable, least toxic nd easily assimilable salts of Iron. It is available in the rm of tablets each containing 200 mg. of Ferrous umarate I. P. equivalent to about 65 mg. of elemental on.

dications

or the routine treatment of iron deficiency anaemias ising from the excessive loss of blood in chronic hemo-nages like piles, hook worm infestation, hematamesis hemoptysis or deficient intake of iron in diet, for owing children and premature babies to put on weight; maintain hemoglobin level in old age and convale-ence. In all cases the primary cause of anaemia should e corrected as otherwise it will reappear on the stop-age of the drug.

Dose

1 to 3 tablets per day after food or as directed b physician.

Children : ½ to one tablet after food.

Contra indications : Peptic ulcer, malabsorption synd and intolerance.

Pack

In packs of 50 & 500 tablets.

Gastromone

Tablets for treatment of flatulence and nervous dyspepsia

Description

Herbal drugs for gastro-intestinal disorders.

Composition

Each tablet contains :

Revandchini (Rheum webbianum)	18 mg.
Balaharde (Terminalia chebula)	14 mg.
Saunf (Foeniculum vulgare)	14 mg.
Aunla (Phyllanthus emblica)	14 mg.

Pharmacology

In small doses Revandchini and Balaharde act as astr gent bitters and are useful in diarrhoea. Saunf reliev flatulence. Aunla is often used for regularising bov movement. The four drugs together help normal funct ning of the gastro-intestinal tract.

ndications

Weak digestion, flatulence, nervous dyspepsia. Diarrhoea in children and adults.

Disordered functioning of liver. Its biphasic action is useful in both hyperacidity and hypoacidity.

Dose

Adults : 1 to 2 tablets 15 minutes before or immediately after meals.

Children : $\frac{1}{4}$ to $\frac{1}{2}$ tablet before or immediately after meals.

Pack

Bottle of 50 tablets.

Grandi-Co

Cardiac tonic tablets

Description

Combination of ayurvedic drugs well known for their stimulant action on the heart and diuretic action.

Composition

Each tablet contains :

Arjuna (Terminalia arjuna)	104 mg.
Asgandh (Withania somnifera)	50 mg.
Punarnava (Boerhaavia diffusa)	120 mg.
Khurasani ajvayan (Hyoscyamus niger)	52 mg.

Pharmacology

Arjuna, Asgandh and Punarnava have tonic action the heart and are useful diuretics. Khurasani has a sedative action, but it stimulates the heart.

Indications

Aa a cardiac tonic to relieve palpitation and breathl ness Free from cumulative effect or narcotic action.

Useful for dropsy, as it is a good diuretic, and ca used in organic heart disease, renal affections etc.

Dose

Adults : ½ to 1 tablet, three times a day.

Can be given at more frequent intervals for palpita or cardiac asthma.

Pack

Bottle of 50 tablets.

Healan

Antiseptic dusting powder

Description

An antiseptic dusting powder for wounds and ulcers.

Composition

100 g. contains :

Iodoform N. F.	2.29 g.
Alum I. P.	2.29 g.
Boric Acid I. P.	6.86 g.
Haldi (Curcuma longa)	6.80 g.

Pharmacology

odoform and **Boric Acid** are well known local antisep-ics. **Alum** has a decongestant action. **Haldi** too, is repu-ed to possess antiseptic and some local analgesic action.

Applied locally, lodoform slowly breaks down and a continuous liberation of iodine prevents the growth of micro-organisms. The powder diminishes secretions and keeps the wound surface clean.

Application

Can be freely applied to wounds and ulcers, and if required, covered with gauze and bandaged.

n chronic discharge of pus from the ear, it can be applied oosely and the ear plugged with cotton. The ear can be cleaned after one or two days. The process may be repeated twice. A third filling is rarely required.

Pack

Bottle of 10 g.
Bottle of 110 g.

Hemoplex

Anti-infective tablets

Description

Tablets containing ayurvedic drugs for prophylaxis or treatment of infective conditions.

Composition

Each tablet contains :

Kiryat (Swertia chirata)	40 mg
Salsa (Hemidesmus indicus)	60 mg
Pila dhatoora (Argemone mexicana)	6 mg
Madar (Calotropis gigantea)	32 mg
Asgandh (Withania somnifera)	40 mg
Gandak	2 mg

Pharmacology

A combination of Indian herbal drugs recommende inflammatory and septic conditions. Particularly effe in persistent chronic cases, specially chronic sepsis.

Indications

Boils, abscess, ulcers, wounds, chronic bronch chronic tonsillitis and septic fevers.

Dose

Adults : 1 to 2 tablets, 3 times a day.
Children : $\frac{1}{4}$ to $\frac{1}{2}$ tablet, 3 times a day.

Higher dosage may be given more frequently in urg cases, the dosage reduced and interval between do increased as the patient improves.

Pack

Bottle of 50 tablets.

Herbitars
(Formerly Herbal Bitters)

Tablets for treatment of liver disorders.

Description

Combination of ayurvedic drugs consisting of bitter and other active principles for loss of appetite, sluggish liver, biliousness & constipation.

Composition

Each tablet contains :

Chirata (Swertia chirata)	55 mg.
Manjit (Rubia cordifolia)	50 mg.
Sana (Cassia angustifolia)	75 mg.
Saunf (Foeniculum vulgare)	15 mg.
Bhringraj (Eclipta alba)	30 mg.

Pharmacology

Chirata and **Manjit** improve appetite and are believed to rid the body of toxic substances. **Sana** and **Saunf** have cholagogue action and are believed to improve the function of the liver. **Bhringraj** is known for its therapeutic action in enlargement of liver and spleen. It is used in catarrhal jaundice for maintaining the integrity and normal function of liver cells; it has also been used in cirrhosis of the liver.

Indications

Hepatic disorders, indigestion, flatulent dyspepsia, loss of appetite, constipation, catarrhal jaundice, disorders of bile flow, early cirrhosis of liver. Hepatic damage due to antibiotics, oral contraceptives or other drugs.

Dose

Adults : In the first week, 2 to 3 tablets before mea
course of treatment for 3 weeks is suggested. In 2n
3rd week, 1 tablet before principal meals twice or
daily.

Children : Half the adult dose.

Herbitars can be taken twice or thrice daily as lon
required. Enough water should be taken.

In the treatment of jaundice it is best given with K
tomine.

For dyspepsia it is given with Magnine.

It can also be given with Vital Essence for bilious
nausea, vomiting.

Pack

Bottle of 50 tablets (sugar-coated.)
Bottle of 500 tablets (sugar-coated.)

Also available as a pleasantly flavoured paediatric sy

Composition

Each 5 ml. (approx. 1 teaspoonful) contains :

Chirata (Swertia chirata)	14 mg.
Manjit (Rubia cordifolia)	12 mg.
Sana (Cassia angustifolia)	19 mg.
Saunf (Foeniculum vulgare)	4 mg.
Bhringraj (Eclipta alba)	8 mg.

ose

to 2 teaspoonful two to three times a day.

resentation

ottle of 100 ml.

lerbo-Sulph

nternal antiseptic tablets

escription

egetable drugs which act as internal antiseptics and elp in chronic eczema and ulcers of the skin.

omposition

ach tablet contains :

Gandak	22 mg.
Haldi (Curcuma longa)	32 mg.
Madar (Calotropis gigantea)	40 mg.

Dose

Adults : 1 to 2 tablets three times daily.

Herbo-Sulph tablets can be crushed to powder and pplied locally with 5 parts or vaseline ; or better, it can e mixed with Ripanto and applied locally to the affected art, after cleaning with warm water and drying the ffected part with soft cloth.

Pack

Box of 10 strips of 10 tablets each.
Bottle of 250 tablets.

Hormopirin

Analgesic-antipyretic tablets

Description

Analgesic, antipyretic and anti-inflammatory drug
allopathic medicine combined with well known ayurv
drugs.

Composition

Each tablet contains :

Paracetamol I. P.	110 mg.
Quinine Sulphate I. P.	8 mg.
Salicylamide N. F.	125 mg.
Arusha (Adhatoda vasica)	16 mg.
Gulancha (Tinospora cordifolia)	30 mg.
Madar (Calotropis gigantea)	4 mg.

Pharmacology

Paracetamol and **Salicylamide** have analgesic and a
pyretic action similar to aspirin but much better tolera
Quinine in small doses has an analgesic action in co
headaches and neuralgias, exerts good diaphoretic act
and enhances the antipyretic effects of the above men
ned drugs. **Adhatoda vasica** is a well known expector
used in cough and cold. **Tinospora cordifolia** is a bi
and carminative. **Calotropis** (Madar) has been used
India as an expectorant, diaphoretic in fevers, and
abort an attack of cold.

Indications

As an antipyretic analgesic in influenza, cold, deng
and rheumatic fever, bronchitis etc.

As an analgesic in headache, toothache, neuralgia, musculo – skeletal pain, specially rheumatic pain, joint pain etc.

Dose

Adults : 1 tablet 3 times daily.
Children : ½ tablet 3 or 4 times daily.

Pack

Box of 10 strips of 10 tablets each
Bottle of 50 tablets.
Pack of 500 tablets.

Robine

Tablets and injections to prevent frequent attacks of common cold.

Description

Combination of ayurvedic drugs for fortifying the body against frequent attacks of common cold. Also useful in tonsillitis and skin allergies.

Composition

Each tablet contains :

Brahmi (Hydrocotyle asiatica)	40 mg.
Chirata (Swertia chirata)	40 mg.
Gandak	7.2 mg.
Salsa (Hemidesmus indicus)	140 mg.

Each ml represents :

Madar (Calotropis gigantea)	0.6 mg.
Salsa (Hemidesmus indicus)	0.7 mg.
Kiryat (Swertia chirata)	1.1 mg.
Preservative Chlorobutol I. P.	0.5 %

Indications
Frequent attacks of cold. Also in tonsillitis, skin a
tions, hepatic dysfunction. In general debility follo
chronic illness, IOBINE may be combined
ALBO-SANG.

Dose
Adults : 1 tablet, 3 times daily.
Children : ½ tablet, 3 times daily.

Injections are also available, ¼ ml for children, 1 m
adults every 24 hours.

Pack
Box of 10 strips of 10 tablets each.
Bottle of 200 tablets.
Box of 10×1 ml ampoules.
Box of 50×1 ml ampoules.

Ioquin

Anti-malarial tablets and injection

Description
Ayurvedic drugs combined with quinine for the treatm
of malaria. Improves appetite and stimulates digestio

Composition
Each tablet contains :

Kalimirchi (Piper nigrum)	7.6 mg.
Nim (Melia azardirachta)	18 mg.
Kiryat (Swertia chirata)	38 mg.
Kalikatuki (Helleborus niger)	3.8 mg.
Quinine Sulphate I. P.	26.66 mg.

ch ml. represents :

Nim (Melia azadirachta)	0.23 mg.
Kiryat (Swertia chirata)	1.4 mg.
Quinine bihydrochloride I. P.	25 mg.
Preservative Chlorobutol I. P.	0.5 %

armacology

limirchi, Nim, Kiryat and **Kalikatuki** are renowned brifuge drugs. Combined together they not only act as useful antiperiodic but the bitters serve as a mild blagogue, stomachic and tonic. According to Fleming d Nadkarni "**Chirata** possesses stomachic', febrifuge d antidiarrhoetic virtues." This is of particular importce in cases of malaria and more so in those patients o are exposed to frequent attacks. **Quinine Sulphate** the drug of choice for treatment of all forms of malaria. nufactured by a special process, it is effective in much aller doses, avoiding the toxic effects of Quinine in ge doses.

lications

forms of malaria, specially chronic malaria with loss appetite and asthenia.

se

phylaxis 1 tablet daily in malarious areas.

ults : 1 tablet every 4 hours preferably before food.

ildren : $\frac{1}{2}$ to 1 tablet daily.

hypodermic administration IOQUIN is available in the m of 1 ml ampoules.

Pack

Box of 10 strips of 10 tablets each.
Bottle of 250 tablets.
Box of 10 x 1 ml ampoules
Box of 50 x 1 ml ampoules

Koflyn

Anti-cough tablets

Description

Tablets containing well known ayurvedic expec
drugs for treatment of cough. Also indicated
treatment of asthma and bronchitis.

Composition

Each tablet contains :

Arusha (Adhatoda vasica)	90 m
Dudhi (Euphorbia pilulifera)	20 m
Huma (Ephedra gerardiana)	60 m
Jethimadh (Glycyrrhiza glabra)	140 m
Meradu (Polygala chinesis)	20 m
Nala (Lobelia nicotianaefolia)	10 m

Pharmacology

Arusha is a soothing expectorant. **Dudhi** is used in c
and asthma. **Huma** is an effective bronchodi
Jethimadh is a demulcent used in cough and bronc
Nala is mainly used in chronic bronchitis and bron
asthma.

dications

seful in the treatment of acute and chronic cough. osens and liquefies bronchial secretion. Anti-spasmo- c and sedative effect in asthma.

ose

dults : 1 to 2 tablets 3 times a day.
ildren : $\frac{1}{4}$ to $\frac{1}{2}$ tablet regulated according to age.

ck

x of 10 strips of 10 tablets each.
ttle of 250 tablets

ynotomine

blets for treatment of liver disorders (including tarrhal jaundice)

scription

combination of ayurvedic drugs for the treatment of orders of the liver. Particularly effective in the treat- nt of catarrhal jaundice.

mposition

Revandchini (Rheum webbianum)	20 mg.
Gandak (Sulphur)	4.4 mg.
Balaharde (Terminalia chebula)	10 mg.
Kalikatuki (Helleborus niger)	28 mg.
Punarnava (Boerhaavia diffusa)	50 mg.
Bhringraj (Eclipta alba)	36 mg.

Pharmacology

Revandchini is a mild laxative and is also an ast
bitter useful in the treatment of diarrhoea. **Ganda**
mild aperient, increases bile secretion. **Balah**
useful in enlarged liver. **Kalikatuki** is a hydrogogu
gative and enhances the action of the other ingre
Punarnava is a well known diuretic relieves oeden
ascites. **Bhringraj** is a well known remedy for dis
of the liver. It acts as a cholagogue and hepatic
by flushing the ducts with healthy bile.

Indications

For the treatment of catarrhal jaundice. Kynot
exerts a mild antiseptic action in the biliary tract.
jaundice within a few days.

Dose

Adults : 1 tablet 3 times a day.
Children : ½ tablet 3 times a day.

Pack

Bottle of 50 tablets (Sugar-coated).
Bottle of 500 tablets (Sugar-coated).

Also available as a pleasantly flavoured paediatric s

Composition

Each 5 ml (approx. 1 teaspoonful) contains :

Revandchini (Rheum webbianum)	5 mg
Balaharde (Terminalia chebula)	2.5 mg
Kalikatuki (Helleborus niger)	5 mg
Punarnava (Boerhaavia diffusa)	12.5 mg
Bhringraj (Eclipta alba)	9 mg

ose

to 2 teaspoonfuls two to three times a day.

resentation

ottle of 100 ml.

Magnine

ntacid — anti-spasmodic tablets

escription

ombination of well known antacids with Belladonna r the treatment of peptic ulcers and hyperacidity.

omposition

ach tablet contains :

Magnesium Trisilicate I. P.	250 mg.
Dried Alum. Hydrox. Gel I. P.	125 mg.
Ext. Belladonna Dry I. P.	5 mg.

armacology

ntacids are among the most widely used drugs. In pati- ts with peptic ulcers the presence of acid in the stomach in part responsible for the pain, which is a characteri- c feature of the disease. This also interferes with the aling of these ulcers. If antacids are to be useful, they ould reduce gastric acidity and the action should read over as long a period as possible.

th **Magnesium trisilicate and Aluminium Hydro- de** have prolonged acid neutralising effect and are the o most satisfactory antacids. The two salts are not sorbed and produce no systemic effect.

Extract Belladonna blocks the action of vagu
decreases the secretion of acid and relieves
relieving the spasm.

Indications

Peptic ulcer, hyperacidity, acid dyspepsia.

Dose

Adults : 2 tablets chewed and swallowed 15
minutes before or after food. If pain occurs
interval between meals, suck 1 or 2 tablets.
Children : One tablet

Pack

Box of 10 strips of 10 tablets each.
Pack of 500 tablets.

Meditab

Anti-cough tablets

Description

Combination of ayurvedic drugs well known fo
therapeutic effect on cough. Contains **Kapardika B**
for toning up the system in chronic cough with deb

Composition

Each tablet contains :

Arusha (Adhatoda vasica)	60 m
Lasun (Allium sativum)	0.7 m
Nala (Lobelia nicotianaefolia)	48 m
Dudhi (Euphorbia pilulifera)	26 m
Kapardika Bhasma (Calcined cowries)	7 m

harmacology

rusha Nala and **Dudhi** are useful expectorants lique-
ing sputum (see KOFLYN for acute cough). **Allium**
ıtivum has expectorant, antiseptic, diaphoretic and
uretic properties. It has been used in chronic bronchitis
:d other pulmonary conditions. **Kapardika Bhasma** is
elieved to act as a general tonic particularly in chronic
ng disease eg : tuberculosis.

dications

ıronic cough Cough in tuberculosis ; chronic asthma-
: cough.

ose

:o 2 tablets with milk or honey, twice or thrice daily.

ck

ottle of 20 tablets.

ote : For acute cough use KOFLYN, for harassing
asmodic cough use DANGINE and DESMA alternately.
e chest can be massaged with CHESOL or RUBZON.

edicated Tooth Powder

scription

dicated tooth powder for pyorrhoea, gingivitis and
ongy gums.

olication

e finger for rubbing the teeth and massaging the
ms. Later brush the teeth inside and outside if you

feel that is necessary. Do not rinse the mouth
after using the tooth powder for 5–10 minutes.

Use tooth powder before retiring at night and
thing in the morning.

Regular use cures pyorrhoea. If there is much
Entrops as gum paint, night and morning after
the teeth and massaging the gums with medicate
powder.

Pack
Pouch of 50 g.

Mersina

Anti-diabetic tablets

Description
Well known Indian herbal drugs known to be e
in maturity-onset diabetes. Convenient oral treat

Composition
Each tablet contains :

Merasingi (Gymnema sylvestre)	48
Jaman (Syzygium cumini)	41
Tarwara (Cassia auriculata)	41
Gulancha (Tinospora cordifolia)	32
Karela (Momordica charantia)	52

Pharmacology
All the ingredients are known to be effective
treatment of diabetes in middle age and improve
hydrate tolerance. No toxic effects of any of these

rugs have been reported. Given together, they act etter than individual drugs given alone.

ndications

laturity onset diabetes. Also improves liver function nd combats exhaustion.

osage and therapeutic use

to 4 tablets three times a day, half an hour before eals. Initiailly large dose may be necessary, gradually educed, sufficient to maintain the urine sugar free. osage varies with individuals.

he usual dietetic restrictions should be imposed and the rine examined regularly to assess the effect of treatent. A check on blood sugar occasionally is advisable·

an be given with insulin, to replace or reduce the dose f insulin, by frequent check on urine examination.

Mersina is not recommended for juvenile diabetes, treatent of ketosis, diabetes associated with carbuncle, evere hypergylycemia etc.

ack

ack of 100 tablets.

Nervo-Plex

Sedative Injection

Description

An excellent nerve sedative for nervous tensi
anxiety.

Composition

Each ml represents :

Balatagra (Valeriana wallichi)	0.01 m
Methi (Trigonella foenum graecum)	0.6 m
Asgandh (Withania somnifera)	0.5 m
Preservative Chlorobutol I. P.	0.5%

Pharmacology

Balatagra depresses central nervous system and is
ful in hysteria and other nervous conditions. **Asga**
a sedative and diuretic.

Indications

Neurasthenia, nervous tension and anxiety, hys
emotional instability. Can be used for its sedative a
in neuralgic pains, in colic where the patient
exaggerated manifestations of any visceral pain.

Administration and Dosage

1 ml intramuscularly, once daily. The interval ma
increased upto 4 days as the patient improves.

Pack

Box of 10 × 1 ml ampoules.

Nevoss

Tablets for treatment of nervous weakness, anxiety.

Description

A combination of ayurvedic drugs for nervous breakdown and various manifestations of nervous tension.

Composition

Each tablet contains :

Khurasani Ajwayan (Hyoscyamus niger)	24 mg.
Asgandh (Withania somnifera)	64 mg.
Dhatura (Datura metel)	4 mg.
Jaiphal (Myristica fragrans)	0.8 mg.

Pharmacology

Khurasani Ajwayan prevents griping, relieves spasm of the muscles including plain muscle, and is used in spasms of the intestines and urinary tract. **Asgandh** is a sedative of the Central Nervous System and diuretic. **Dhatura** has a central sedative action ; controls gastric hyperacidity, relieves renal and vesical colic, intestinal hypermotility, tremors etc.

Indications

All manifestations of nervous weakness, anxiety, frequent urination, gastro-intestinal spasms, tremors etc. Nervous breakdown due to excessive physical or mental strain. Loss of vitality, spermatorrhoea, abnormal sexual desire, excessive sweating. Does not retard mental function, or cause mental confusion.

Dose

Adults : 1 to 2 tablets every 3 to 4 hours. Bes
with milk.

Children : $\frac{1}{4}$ to $\frac{1}{2}$ tablet every 4 hours.

Pack

Box of 10 strips of 10 tablets each.
Bottle of 60 tablets.

Olosyn

Oil for external application

Description

Extract of ayurvedic herbs in vegetable oil for so
action on the nervous system.

For external application only.

Composition

Each 100 g contains :

Gajga (Caesalpinia bonduc)	2
Bhaṅgra (Eclipta erecta)	2
Nim (Melia azadirachta)	2
Vegetable oil	q.

Pharmacology

An extract in oil from the leaves of three well k
Indian herbs. When rubbed externally, has a soo
tonic effect on the muscles and nerves and also a he
effect in many skin conditions. It also controls ne
agitation and exerts a mild sedative action.

Application

For body massage mix with any edible vegetable oil in the proportion of 1 in 5 to 10 and massage before bath.

Used as a hair oil, massaged with fingers well into the scalp, an hour before retiring, induces sound sleep, relieves headache and exerts a mild sedative action.

Has a tonic action on hair growth and can be used in loss of hair.

Olosyn is useful in epilepsy, hysteria and nervous debility. If there is no perforation of the eardrum, instil two drops in ear, once a day, besides application on the head.

Pack

Bottle of 30 ml.
Bottle of 125 ml.

Phenocalcine

Analgesic—antipyretic—anti-rheumatic tablets

Description

A combination of allopathic and ayurvedic drugs for use as an analgesic and antipyretic.

Composition

Each tablet contains :

Salicylamide N. F.	200 mg.
Quinine Sulphate I. P.	8 mg.
Javkhar (Pot. Carbonas impura)	4.8 mg.
Dhatura (Datura metel)	10 mg.

Pharmacology

Salicylamide has analgesic, antipyretic and anti
matory action similar to aspirin but it is much
tolerated, and causes no gastric irritation. **Qui**
small doses has an analgesic action in colds, he
and neuralgias. **Javkar** is a gastric antacid and s
potassium. **Dhatura** has a central sedative action
trols hyperacidity and relieves spasm.

Indications

Headache, neuralgias, rheumatism, fibrositis, ar
muscular pain, common cold, influenza.

In nervous and excitable patients, it may combine
Vital Essence. Decil is an alternative compoun
more potent if quicker action is desired.

Dose

Adults : 1 to 2 tablets, three times a day.
Children : ½ to 1 tablet, three times a day.

Pack

Box of 10 strips of 10 tablets each.
Bottle of 250 tablets.

Piparid

Anthelmintic tablets

Description

A safe and effective single dose therapy for eradicati
round worms and thread worms.

mposition

ich tablet contains :

Piperazine Phosphate I. P.	250 mg.
Ext. Senna (1 : 7)	10 mg.

harmacology

single dose of **Piperazine** completely paralyses the und worms which are expelled by normal peristaltic ovement. To be doubly sure, **Senna** is included to move the paralysed worms.

perazine is also effective against thread worms but olonged therapy is necessary. Combined with a purga-e like **senna**, about 97% cure rate is obtained with a ngle dose.

perazine is safe and can be given in heavy infestation, ; it does not stimulate the activity of round worms, but aralyses them. **Senna Extract** is a safe purgative, does ot cause griping.

osage

to 4 tablets daily at bed time for adults and 1 to 2 blets for children, according to age. In case the patient constipated an additional purgative can be adminis-red. The duration of the treatment may be determined y the physician.

endemic areas, a single dose treatment every month advisable.

ack

ox of 10 strips of 10 tablets each.

ack of 500 tablets.

Rasgent

Eye drops

Description

A Soothing Eye-drop for congestion and inflammat

Composition

Each 100 g. contains :

Raskapur	
Phitkari	1.1 g.
Namak	1.1 g.
	3.4 g.

Pharmacology

Local application of the solution to the eye, has an
septic and soothing action in conjunctivitis. Reli
congestion and inflammation.

How to use it

Dissolve 1 to 2 grains in a teaspoonful of boiled w
and put a few drops in both eyes. Even if one eye
affected, it is necessary to put Rasgent drops in b
eyes, to avoid sympathetic opthalmia. Apply two
three times a day and before retiring to bed.

Pack

Bottle of 10 g.

norin

-rheumatic injection

ription

ombination of ayurvedic drugs for INJECTION in e and chronic rheumatic pains and aches. Simulta- ous use of HORMOPIRIN is recommended.

position

ml. represents :

Kiryat I. P. (Swertia chirata	0.29 mg.
Dhatura herb I. P. (Datura metel)	0.25 mg.
Rauwolfia (Rauwolfia serpentina)	0.03 mg.
Kurchi I.P. (Holarrhena antidysenterica)	0.01 mg.
Preservative Chlorobutol I. P.	0.5 %

macology

combined action of **Kiryat, Dhatura, Serpentina Kurchi** act as a nerve sedative, anti-spasmodic and heumatic.

act as tonic in general debility, nervous exhaustion loss of energy.

ations

bago, arthritis, sciatica, neuralgias, obscure pains aches of the body and as a tonic in nervous and cular debility.

ts : 1 ml by intramuscular injection, every 24 hours.

Pack

Box of 10 × 1 ml ampoules.

Ripanto

Ointment for burns and eczema

Description

A soothing ointment for burns, scalds, eczema, ulc

Composition

Each 100 g. contains :

Oleum Lini	33.6
Oleum Sesami	8.8
in a Beeswax base.	

Application

Burns and scalds ; apply liberally on the affected
soothing action relieves pain and burning, should be
lied in the morning and night until the affected p
healed. May be kept covered with dressing after ap
tion.

Ulcers, eczema, bedsores : Apply morning and eve
after washing the part with warm water and drying
a soft cloth.

Cracked skin and fissures, rough skin : Massage li
to keep the skin soft.

Used on the face as a light cream : For palms, soles,
cked or peeling skin in dry or moist weather.

um **Lini** and **Oleum Sesami** are emollient and hing to inflammed surfaces and help healing.

also be applied in piles, before and after defecation stipation must be corrected with SPOLAX.

e of 15 g.
e of 80 g.

ozon
our-rub for headaches & colds

ription

mbination of well known ingredients for external ication by gentle massaging.

position

100 g. contains :

Menthol I. P.	5 g.
Camphor I. P.	10 g.
Eucalyptus Oil I. P.	2.5 ml.
Turpentine Oil I. P.	2.5 ml.
Methyl Salicylate I. P.	5 ml.
Paraffin base	q. s.

ication

ially prepared **petrolatum** base makes the action onged. **Methyl Salicylate** is readily absorbed thro- the skin and is used for relief of pain in lumbago, ica and rheumatic conditions. **Menthol** applied to

the skin dilates the vessels causing a sensation
ness followed by an analgesic effect and is us
headaches, rheumatic pains and neuralgias. C
too acts as a rubefacient and mild analgesic and
irritant in fibrositis and neuralgia. **Eucalyptus**
respiratory antiseptic and often used in inhaled s
as ointment in colds for external application.

Turpentine oil, like Eucalyptus oil is also used a
ter-irritant and cutaneous stimulant in the treat
chronic inflammatory conditions, to relieve ne
and rheumatic pains and for application to the c
bronchitis and pleurisy. When inhaled these two
tial oils arrest profuse secretion and relieve con
of the bronchioles in bronchitis.

Indications

Headache, cold and cough, bronchitis, aches and
neuralgia, sprains. Can also be inhaled with v
from boiling water in chest colds. Apply Rubzon
affected part and massage gently.

Pack

Tube of 5 g.
Tube of 15 g.

Sal phos

Digestive and appetite increasing tablet

Description

Combination of ayurvedic drugs for loss or appetite
digestive disorders.

position

ı tablet contains :

Revandchini (Rheum webbianum)	36 mg.
Balaharde (Terminalia chebula)	28 mg.
Jeera (Cuminum cyminum)	4 mg.
Sonth (Zingiber officinale)	8 mg.
Chitrak (Plumbago zeylanicum)	32 mg.
Kanphul (Taraxacum officinale)	52 mg.

rmacology

andchini, in small doses, is used as an astringent er and in the treatment of diarrhoea. **Balaharde** is d as an astringent bitter stomachic and regulates the vel. **Jeera** is used as a carminative and increases etite. **Sonth** is used as a carminative. It also prevents ing. **Chitrak** is mainly used for stomach troubles and er digestion. **Kanphul** is used as a bitter in mild pepsia and as a mild laxative in chronic constipation. combination acts as a carminative, stomachic and lagogue and it improves digestion.

cations

s of appetite, fermentative disorders of digestion, pusness, flatulence, dyspeptic symptoms, diarrhoea hronic constipation.

e

oss of appetite and as a digestive tonic, 1 to 2 tab- before each meal.

other digestive troubles 1 to 2 tablets after each meal.
ldren : ½ to 1 tablet.
ants : Gripe water BIO-SAL is recommended.

Pack

Box of 10 strips of 10 tablets each.
Bottle of 250 tablets.

Senzine

Tonic tablets for nervous debility.

Description

The combination of ayurvedic drugs in SENZINE
sexual excitant, but is reliable tonic in nervous
and sexual inefficiency.

Composition

Each tablet contains :

Sonth (Zingiber officinale)	8 m
Asgandh (Withania somnifera)	28 m
Lasun (Allium sativum)	0.2 m
Pila Dhatoora (Argemone mexicana)	0.8 m
Gokhru (Tribulus terrestris)	96 m

Pharmacology

The ingredients act as nerve sedative, allay anxiet
tension and help in restoring sexual competence.
is a carminative, produces a sense of well-
Asgandh is also a sedative of the C.N.S. **Lasun**
antiseptic having diuretic and diaphoretic prop
Pila Dhatoora in small doses stimulates the C.
Gokhru corrects burning sensation in micturition
urinary troubles and is a sexual stimulant.

Indications

Impotence due to neurasthenia or nervous debilit
mild sedative to restore sexual efficiency.

e

a nerve sedative 1 tablet an hour before food.
a sexual stimulant 1 to 2 tablets, three times a day.

k

of 10 strips of 10 tablets each.
tle of 60 tablets.

nment

ifungal — antibacterial skin ointment

cription

otent combination of well known drugs for anti-
gal anti-bacterial and parasitic skin diseases, for
l application.

position

h 100 g. contains :

Benzoic Acid I. P.	2 g.
Salicylic Acid I. P.	4 g.
Ichthammol I. P.	8 g.
Dithranol I. P.	0.22 g.
Sulphur Sublim I P.	2.29 g.
Paraffin Base	q. s.

cations

zoic acid, Salicylic acid and **Dithranol** are highly
ctive in fungus infections of the skin, and are used
hronic dermatoses like psoriasis. **Ichthammol** has
eriostatic properties and is used in chronic skin
ases as ointment.

Sulphur is a mild antiseptic and parasiticic
widely employed in the form of lotion or oin
scabies, ringworm and acne.

Skinment is mainly used in ring-worm, scabies,
and psoriasis.

Application

Rub gently over the affected part at night and
the morning. For delicate skin, it may be mix
equal part of any edible vegetable oil.

Two applications may be necessary in hyper-k
forms of foot and hand and covered with ligh
ing. Should not be applied near the eye.

Pack

Tube of 15 g.

Tube of 80 g.

Spolax

Laxative granules

Description

Granules containing natural vegetable laxativ
chronic constipation and re-educating bowel move
Does not cause pain, discomfort or irritation o
intestinal mucosa.

position

n 5 g. contains :

Spogel (Ispaghulae testa)	2.5 g.
Gum Tragacanth	0.5 g.
Ext. Sana (1:5)	0.1 g.
Saunf (Foeniculum vulgare)	0.125 g.
Jeera (Cuminum Cyminum)	0.025 g.
Excipients	q. s.

macology

active principles of **Sana** are absorbed from the gut are excreted largely into the colon, where they ulate peristaltic movement like normal bowel func- **Saunf** is an aromatic carminative. It is given for reatment of flatulence. **Spogel** derived from the of mucilaginous seeds absorb water and has a rkable power of absorbing bacterial and other s. The action is purely mechanical in producing oth semisolid stool.

ations

tual constipation due to spastic colon, dietary insu- ncy. Lack of exercise ; Constipation in the elderly, hood, bed-ridden patients. Affords immediate relief fferers of piles by aiding painless evacuation of the ls.

adjunct to treatment in diarrhoea and dysentery.

s : 1–3 teaspoonfuls of the granules with a glass of in the evening, 2 hours before or after meal. The ls open next morning.

Children : 1 teaspoonful with water.

Pack

H. D. P. Containers of 75 g.
H. D. P. Containers of 200 g.

Sulfasen

Description

Injection of Madar and Sulphadimidine for vari
conditions.

Composition

Each ml. represents :

Madar (Calotropis gigantea)	0.0
Sulphadimidine I. P.	
Preservative Phenol I. P.	

Pharmacology

Madar is used in indigenous system for syph:li
treatment of wounds, infections and **Sulpha**
has a wide antibacterial action.

In the low dosage given the drug does not
adverse effects e. g. crystalluria. Both drug
complementary to each other.

Indications

Treatment of wounds and abscesses, Bronchitis
tis, pharyngitis. Infections of the ear and sinus.
tract infection.

e

l. by intramuscular injection, every 24 hours.

MOPLEX and IOBINE can also be used orally, simul-
eously.

k

: of 10 x 1 ml. ampoules.
of 50 x 1 ml. ampoules.

kine

ative tablets

cription

mbination of vegetable purgatives with Phenolphtha-
. They are stimulant purgatives, and are useful in
tual constipation and hepatic insufficiency. Peach
oured and pleasant to take.

position

n tablet contains :

Ext. Cascara Sagrada N. F. (Rhamnus Purshianus)	48.6 mg.
Phenolphthalein I. P.	100 mg.
Sana (Cassia angustifolia)	81 mg.
Kaladana (Ipomoea hederacea)	16.2 mg.

macology

cara has a mild purgative action and is chiefly used
nronic constipation due to colonic stasis. It is useful

for patients with piles. **Sana** is absorbed and
the colon. The stomach and small intestine
affected. In the colon it stimulates peristaltic
and is considered to be natural in action. **Phe**
lein is a safe and reliable drug. A little is abs
excreted in the bile. It stimulates the colo
Kaladana is used in India as a purgative. Its
similar to Jalap which is a powerful purgative
dosage used in **Taxine** it does not produce gripi

Indications

As a purgative in bilious headaches, constipa
toning up bowel habits. To stimulate bile flow

Dose

Adults : 1 to 2 tablets at night.

Children : ½ to 1 tablet.

Pack

Strip of 4 tablets.

Box of 10 strips of 10 tablets each.

Pack of 500 tablets.

Turaico

Diuretic and urinary antiseptic tablets

Description

Combination of well-known ayurvedic drugs
diuretic and urinary antiseptic.

nposition

n tablet contains :

Turai (Luffa amara)	5 mg.
Kababchini (Cubeba officinalis)	28 mg.
Punarnava (Boerhaavia diffusa)	88 mg.
Gokhru (Tribulus terrestris)	84 mg.
Kanphul (Taraxacum officinale)	56 mg.

rmacology

ni is a powerful diuretic and hepatic tonic; it increases ry secretion and has a tonic effect on the Kidneys. **abchini** is a wellknown urinary antiseptic and is used onorrhoeal urethritis, chronic cystitis etc. In ayurveda used for removing stone from the kidney and bladder. **arnava** is a well known diuretic in Ayurveda and is in all types of oedema due to congestive heart re, kidney disease, and ascites. **Gokhru** is used in ful micturition and inflammation of the urinary tract. **phul** is used as a bitter in atonic dyspepsia, as a mild ive, in diseases of the liver, and is a diuretic.

ations

diuretic, urinary antiseptic and sedative in painful difficult micturition due to stone formation or tion.

2.tablets for an adult, three times a day.
uate intake of water should be maintained.

f 10 strips of 10 tablets each.
e of 250 tablets.

Vital Essence

Tranquillizer tablets.

Description

Ayurvedic drug combination for toning up th
system. Non-habit forming. Tranquillizer wit
ressive effects.

Composition

Each tablet contains :

Khurasani ajvayan	46.0
Chotachand	20.0
Balatagra	120.0
Asgandh	80.0

Pharmacology

Asgandh is used as a sedative of C.N.S., as a t
aphrodisiac. It is also a mild diuretic. **Chota**
used in hypertension, psychosomatic disorders
ous tension. **Balatagra** is used in insomnia an
lity, hysteria and epilepsy. **Khursani ajvay**
carminative and antispasmodic.

Indications

Disorders of psychosomatic origin. Nervous
anxiety, sleeplessness, hypertension, muscular
pains, headache and pains of nervous origin, su
day time administration.

Dose

Adults : 1 to 2 tablets, three times a day.

sted according to response. Can be used as a sup-
ent to other forms of therapy.

lren : $\frac{1}{4}$ to $\frac{1}{2}$ tablet according to age.

of 10 strips of 10 tablets each.
e of 250 tablets.

PART III

Introduction :—

This part deals with the treatment of various
Drugs may be used prophylactically or therap
The treatment becomes simple, if the disease is d
properly.

The physician must know how to calculate the do
rding to age, sex and built or constitution of th
and duration of the disease. He must be aware
actions of the drugs, and the regimen of therap
patient should be instructed to report immediatel
complication arising during the treatment. N
administration of the medicines is explained unde
ral Directions under part II.

In these introductory notes we wish to impress u
our desire of simplifying things. However, our c
should be to help suffering fellowmen. Whateve
cines you select for a particular disease, you must
consider the nutritional aspect as well as the d
aspect.

Herein we explain the constitutional form of tre
which should be carefully studied along with the
explained under the head "Classification" whi
give a complete idea of the basic principles upon
the various medicines operate.

tion :

Sang is a product enriched with Phosphates, Calcium lagnesium. Therefore, it can be used as an anabolic ation. It should be supplemented with a balanced The diet should be regulated according to the sity and digestive capacity of the individual.

:

eating and sedentary habits are the two evils of rn life. Regulation of dietary habits go a long way ping up normal health. It is much more essential patient. Similarly, one should take exercise regu- It helps digestion and maintenance of health. ise may be pertaining to respiratory tract (inhala- exhalation etc.) or walking, which will give mode- xercise to the skeletal muscles, and other systems. ous exercise is not advisable to the patient. Pres- on of diet may be necessary according to the con- obesity, hypertension, diabetes.

ity :

ch cases salt is given in limited quantity, fats d be reduced in food. He has to take regular walk- xercises. Cold bath helps him. Citrus fruits are very l, preferably juice. Saturated fats like ghee, butter armful. They may cause atherosclerosis and coro- thrombosis (heart attack).

ertension :

patients are advised salt free diet. Tea, coffee or hol are prohibited. Citrus fruits are very useful. e) in such cases. If they practise taking of food out water during meals, and taking of water, half an

hour after meals, blood pressure may be contro
some extent. Salt free diet is also essential in c
congestive heart failure nephritis, ascites or any
pitting on pressure.

Diabetes :

These patients require calculated amounts of ca
drates, fats and proteins i. e., 200 to 300 grams of
hydrate, plus half to one gram of protein per kg
weight, and the rest fat to cover 2,100 to 2,400 ca
per day. If they are obese, oil, ghee, butter an
should be restricted in diet.

Peptic Ulcer :

Bland diet containing milk, cream or hydroproteins
help in healing the ulcer and control the pain to
extent. Milk acts as diet and natural alkali. It con
both fats and proteins. It should be given freque
Peptic ulcer patients should never use alcohol.
should avoid smoking, irritant type of foods, like ch
spices and acidic foods.

Tea and coffee once a day is not harmful, but shoul
taken diluted with milk.

Alcoholics :

Small doses of alcohol in diluted form may act as
appetiser if used before meals and useful especiall
malnutrition. In old age it will give complete rest if ta
before going to bed. It may be beneficial if the pati
returns from cold atmosphere but he has to take
after using alcohol. On the other hand it is harmfu
he is exposed to cold after taking alcohol. Alcohol a

at and protein sparer. It has got caloric value. ar use of Alcohol without proper diet may produce damage or gastro-intestinal upset. Constant use ause addiction and tolerance. People generally take void mental worries and physical exhaustion and ately get addicted to it by frequent use. Alcohol causes fatty degeneration of liver, kidney, heart and complications.

king :

ugh nicotine content of tobacco will act as a sti- nt temporarily it is yet to be considered as an abuse, ers suffer from respiratory disorders, like bronchitis. chial asthma, bronchogenic carcinoma (especially verse smoking) and tuberculosis, Cardio vascular plications like coronary thrombosis, thromboangitis erans (gangrene of the toes) peptic ulcer, degene- e changes in the eye etc.

acco chewing with betel leaves :

uses ulceration of tongue, gums and cancer forma- It may also cause peptic ulcer. Nicotine content bacco is absorbed from sublingual mucous memb- and has several adverse effects.

and coffee :

contains caffeine, theophyllin, theobromine. The eine content is useful for headache. It causes stimu- n of central nervous system and temporary alert- , which remains for a couple of hours. Theophyllin theobromine of tea are not of much use. They sti- ate heart and have diuretic effect. One cup of tea tains about 150 mg. of caffeine.

Excess use of a tea : Caffeine existing in tea harmful as isolated caffeine ; for example, caffe tent in the form of APC tablets. Tea contain also. It is a protein precipitant. It causes digestiv This can be avoided to a great extent, by add and cream which will act as demulcents. Howe is contra-indicated in children below 12 years t central nervous system excitement. It is also con cated in peptic ulcer, hypertension and gastro-e **Coffee** also contains caffeine and its action is si that of tea. In addition, the volatile oils in coff give flavour and also act as appetisers. Coffee d contain tannins. However, indications and contr cations for coffee are similar to those of tea. S generally used with tea and coffee to make the palatable. In normal persons, in cases of hypert one to two cups of tea or coffee per day are not ha

Digestion :

Sal Phos is a useful remedy for digestive troubles. tromone is good for those whose digestion is Digestive troubles sometimes may be associated hyperacidity. It is better treated with Magnine whi to be administered half an hour after food, both mo and evening. Flatulence, colic or painful affec related to gastro-intestinal tract in general, which rule begin after food and at night are also correcte these drugs.

Assimilation :

A person may eat well and also feel that he digests and yet looks poor in health because what he has e

t properly assimilated. Factors responsible for poor ıilation should be determined and treated accord- . However, the combination of Albo-Sang and omone helps to promote assimilation of many food rs.

itization :

etimes the patient cannot tolerate certain drugs or factors although they are commonly used by all. In cases, Gastromone is the particular remedy.

ual desensitization process :

oods or drugs that produced sensitization may be ı in very small quantities for a few days and gradu- he quantities are increased for short intervals till atient develops tolerance to that particular food or

ination : means regular evacuation of the bowels, her words removal of constipation Constipation in ly persons, delicate people, pregnant ladies, lacta- women and in weak constitutions should be dealt carefully. Regulation of bowel habits helps proper nation. Regular use of drastic purgatives may pro- injury to intestines, dehydration and after-consti- n, as well as nutritional disorders. Albo-Sang and romone in combination with Spolax regulate the el movements without producing any adverse effe- rd there will be no interference with the nutrition. er, Spolax is also useful in case of piles. Children young persons may suffer from digestive disturban- nd constipation due to irregular habits. Taxine a is

very useful remedy to cure the constipatio
cases.

Nervous Disturbances :

Nervous system generally controls all the other
namely respiratory, cardiovascular, and gastro-
including vision and hearing. Special nerves ari
autonomic nervous system control heart, stoma
tines, eye, ear etc. Any injury to nervous syste
infection or drugs may cause severe complicatio
central nervous system, in general, and other
innervated by the respective nerves in particular
rly disturbances in the other systems particularly
intestinal (nutriton, digestion) may indirectly inv
nervous system. Emotional upset, constipation
aetiological factors are responsible for central
system disorders.

Nutritional disorders can be assisted by Albo-Sa
proper diet, and constipation with Sal Phos and
Emotional upset is corrected by means of Vital E
Liquid diet including milk and fruit juice are very
in nervous agitation and constipation.

Psychic disturbance need special attention. The
remedy is Vital Essence along with Albo-Sang
Essence may be taken in smaller doses between
preferably at bed time. Ordinarily one or two
doses, 1 tablet a day along with Albo-Sang are suf
When large doses (two tablets) are necessary it m
taken along with liquid diet or fruit juice.

rium :

is a common complication in fever. Treatment of e will automatically cure delirium. Vital Essence is drug of choice in such cases. In children it should iven along with Chiniumco.

vulsions :

vulsions are treated with Vital Essence. But Agarco ore specific in cases of convulsive seizures. Such ple require sound sleep.

mnia (or sleeplessness) :

ay be due to digestive disturbances, worries or emo- al upset. Sometimes excess smoking and using tea coffee may also prevent sleep. In addition, all pain- conditions may interfere with sleep.

ertension also should be kept in mind, the patient plains of insomnia. Therefore, the treatment of mnia is really speaking treatment of cause. Proper gnosis and determination of cause is very essential ore treatment. Sedatives or hypnotics should not be en unnecessarily since, constant use of hypnotics may duce habituation or addiction.

al Essence :

l Essence is the chief remedy for neuralgia and sleep- ness. A single dose helps to remove the feeling of sion, restlessness and exhaustion and a dose at bed e ensures refreshing sleep.

Neuralgia & Superficial pains :
Eg. Toothache, earache, joint pains, headach
are treated with Decil. This can also be gi
with Vital Essence in the above mentioned pai
ted with insomnia.

Note :- Decil is irritant to the Gastro-intest
and is contra-indicated in gastric troubles.

Neurasthenia is characterised by worn out con
the body and mind, following severe physical str
morrage, acute illness ; or poisoning from chro
and indigestion. Proper diagnosis and treatment
may be necessary. Often there may be an accor
poor state of health, extreme mental and physica
with depression and worry, headache and vagu
and pains. The patient is 'rundown' and in poor
nutrition, the digestive system becomes ups
patient complains of symptoms for which no a
physical cause can be found. All that is needed
is a change of environment, with attention to
health, improved diet and tonic medicines. Rapid
vement is observed with the following :

Albo-Sang with milk twice a day may be used i
condition. Gastromone two tablets after meals ar
Essence one tablet at bed time, will have syn
action with Albo-Sang. If the appetite is poor S
one tablet can be taken half an hour before
Correct constipation if any, with Spolax.

Signs & Symptoms
Neurasthenia means a worn out condition of the
and mind, following severe physical stress ; wea

haemorrhage or acute illness ; or slow poisoning chronic sepsis. The modern view is that there is nderlying mental stress as well. The patient com- s of symptoms for which no adequate physical cause be found. Often there is an accompanying poor of health, extreme mental and physical fatigue, depression, worry, headache and vague aches and s. The patient is 'rundown' and in a poor state of tion. The digestive system becomes easily upset.

teria :

eria is a basic psychological syndrome associated psychological immaturity in which the patient who ffering from the repression of some intense emotion the conciousness, develops physical symptoms, ough there is no bodily disease to account for them. require symptomatic or supportive psychotherapy vert anxiety or depression arising out of general cir- stances. The general health often needs attention regular meals, work, sleep and hours of recreation.

s & Symptoms

teria is the name of a mental illness in which the ent, who is suffering from the repression of some nse emotion from the consciousness, develops physi- ymptoms, although there is no bodily disease to unt for them.

dical treatment is as follows :–

se the patient to take Agarco twice a day before ls and Vital Essence at bed time. Albo-Sang may be l twice to improve general health.

Epilepsy :— May be of various types. Major (grandmal) minor epilepsy or (petitmal). It c any age. But generally occurs in childhood. major epilepsy is generally preceded by visual patient yells and falls suddenly, frequently hu self severely. The muscles are fixed and tightl The face which was first pale, grows livid, as is impeded. After a few seconds, the muscle jerk spasmodically, eyeballs roll, the jaw is and unclenched and the tongue may be severe There may be spontaneous defecation and m Gradually the patient passes into a state of co limbs relax and he sleeps for sometime, wak tually, perhaps with his mind somewhat confus

Signs & Symptoms

Epilepsy usually starts in childhood. In the m the patient is often warned by some kind o (aura). The fit itself comes on suddenly. The yells and falls like a log, frequently hurting severely. The muscles are fixed and tightly c The face, which was first pale, grows livid, as tion is impeded. After a few seconds the muscl to jerk spasmodically, eyeballs roll, the jaw is and unclenched and the tongue may be severely The bladder and bowels may be emptied. Gradu patient passes into a state of coma. The limbs re he sleeps for some hours, waking eventually with his mind somewhat confused.

Treatment of epilepsy is possibie only when the or his attendent co-operates with the physician patients require specific drug therapy with anti

s or sedatives. Attention towards regulation of diet movements may be necessary. Vital Essence three s a day may be used for sedative action along with co preferably before meals. This treatment should ontinued for two or three years. After three years, dose should be tapered and stopped. Albo-Sang may sed as a general tonic. Amyglia is useful if epilepsy sociated with hypertension and angina and aura. The ent should avoid places of danger like fire and well. glia frequently aborts an attack of epilepsy if used ng aura. During the attack the patient must be ented from hurting himself and something like den gag should be wedged in his mouth to prevent biting his tongue.

od changes : Anaemia

emias may be of various types. They may be primary to nutritional disorders) and secondary due to sitic infections, malignancy or hemorrhages. Find the cause of anaemia and correct it.

s & Symptoms :

or of the skin, lips, inside of eyelids, etc., lassitude dizziness and even breathlessness and palpitation. e is usually loss of appetite and indigestion.

es and Pains :

is an important symptom of various conditions which gs the patient to the Doctor immediately. Physician's ess depends on the diagnosis of the condition and ment of it. Immediate treatment of pain sometimes mask the diagnosis eg. pain due to peritonitis.

Pains are mild, severe or moderate. It may b
with infection eg. appendicitis or inflamm
arthritis. However cause of pain must receiv
eg., appendicitis requires surgical treatment
with antibiotics. Pains due to inflamma
arthritis, neuralgia, myalgia.

Acute inflammation of a joint : Here the
and swollen and movements are painful. In
investigate for septic focus such as infect
sinuses etc. and treat simultaneously with ch
peutic agents. Remorin injection once in tw
hours is highly successful in such cases. Afte
is reduced treatment may be continued with
complete relief is obtained. The part is kept im
bandaging over with cotton wool or if the infl
is severe by splinting. Massage with Chesol
is very valuable in subacute conditions. When
ing is reduced gentle movements are started.
and movement of bowels must be attended to
diet, milk and fruit juice only must be given as
fever persists.

sometimes there is psychic pain. Here Vital Es
given along with other remedies of pain.

Other painful conditions :

Headache, earache, toothache, dysmenorrhoea,
post operative pains and sprains. Decil is very
these conditions. It is also useful in body
influenza. However, it is contra-indicated in ab
and other visceral pains.

ache :

ı symptom of many different diseases of varying ity. Acute and transient headache is found at the ning of many febrile illnesses including the common Other common causes are : anaemia, constipation, train, anxiety neurosis, migraine, high blood pres- chronic kidney diseases, diseases of the ear, nose, t and teeth.

reatment of cause is very essential. The routine dy for headache is Phenocalcine and/or Decil, as tomatic cures. If temperature is high, Hormopirin be given. Application of Rubzon on forehead ds relief. Vital Essence at bed-time produces sound . Nervo Plex injection can be tried in severe cases, l medication is not successful.

nach and intestines :

is better absorbed in liquid or semi-liquid form in intestines and similarly most of fhe drugs are also rbed from there itself. Their absorption is enhanced ater. Normal appetite is a good symptom. It may ore in diabetes mellitus, but is false appetite because is not assimilated properly. It may be less in various ders like liver damage, intestinal parasites, digestive : etc.

stion is different from normal appetite. Complete tion means assimilation or better utilization of ohydrates, fats, proteins, vitamins and minerals. stion is aided to some extent by normal appetite. ach and intestinal troubles are connected generally loss of appetite and digestive disturbances. One

should know that overeating and swallowing
out proper mastication will interfere with
Worries during meals and sleeplessness also
digestion. Regular habits such as timely
proper exercise will help digestion and assimil

Stomach and intestinal troubles are connected
digestion of food which begins in the mouth (v
mastication) and continue in the stomach and
Digestion is the process by which food is pr
absorption into the blood and assimilation by th
The food is first broken up by the teeth so that
tive juices may act on it. In the mouth, saliva
out by the salivary glands. Saliva partially
starch. In the stomach the food is thoroughly m
the gastric digestive juice which acts on the pr
the food converting them into simpler substance
the stomach contents have reached a certain d
acidity, the outlet of the stomach relaxes and th
contents pass into the small intestine. In th
intestine the food is further digested by the bile,
atic juice and the intestinal digestive juice. The
foods are taken up by the lining cells of th
intestine.

Food contents are absorbed and enter into the liv
metabolized before assimilation.

Loss of Appetite with accumulation of gas and
pation can be treated with Herbitars (Herbal Bitte

epsia :

omone is indicated which is to be given half an hour meals with water. If the patient is suffering from pation or indigestion Sal Phos and Spolax may be as the case may be. Albo-Sang may be, given as a especially for weak patients. For people who lead a tary life a brisk walk before meals is advisable.

ence : Unless due to swallowing of air, flatulence sed by indigestion, constipation or overeating. The ment consists in correcting the cause. As a rule nos one tablet half an hour before meals and Gast-ne one tablet after meals prevents flatulence. Avoid ng water with meals.

c Ulcer :

udes gastric and duodenal ulcers. It is generally iated with periodical pain in the epigastric region the duodenal region. Tenderness may be present at te of pain. In the gastric ulcer pain is immediate taking food i. e. food causes irritation and therefore is pain. In Duodenal ulcer, pain develops about n hour after food i. e. when food reaches the duo-n. In both cases, it is generally associated with acidity. Therefore antacids and antispasmodics are l in such cases. Magnine is the drug of choice in peracidity. It is given every 4th hourly. Gastromone en an hour before or two hours after meals. And patients are advised to avoid alcohol and smoking. should be bland and not contain spices and it d be chewed properly. Such patients are advised efore meals and plenty of water half to one hour

after meals. Medical treatment should be co
six months.

In acute cases, there is severe pain which is
reduced by vomiting. If medical treatment does
sufficient improvement, surgery may be resorte

Gastritis :

It is a common complication due to eating of u
food. It is characterised with vomiting, pa
abdomen and dehydration. If it extends to int
is known as Gastroenteritis i. e. there may be c
severe dehydration and collapse. Such patient
be treated very carefully. Vomiting to some ext
be controlled by sucking ice pieces. Pain as
with diarrhoea can be treated as under :

No food should be taken for sometime. But wa
other mild fluids may be drunk frequently i
amounts with Magnine, Diasyn, one tablet ever
may be taken to control diarrhoea. When the mo
symptoms subside light food may be given i.
gruel, fruit juice, porridge, etc., every 3 to 4 hou
with Albo-Sang.

Diarrhoea :

It means the passage of motions more often an
more liquid consistency than normal. It may be
several causes eg. indigestion ; specific infection
bic or bacillary dysentery). However, the ca
diarrhoea must be found out and treatment given a
ingly. Diasyn is useful both in amoebic and ba
dysentery.

ebic Dysentery is characterised by frequent semi-
motions, pain in the abdomen (sometimes colicky)
enesmus with passing of blood and mucus.

cillary dysentery in addition to the above symptoms
otions are generally liquid in nature and there may
hydration.

osis is established by microscopic examination of
y passed stools.

Diasyn every 4 hours. Patient should be kept warm
d and given only fluid diet. Such patients require
land diet or saggu boiled in milk. One should take
of water and adhere to hygienic principles i. e.
sanitation, protection of food from contamination,
nation of flies. For bacillary dysentery Sulfasen
ion may be given along with Diasyn tablets. Oral
nent with Diasyn may be continued for 3 days more
diarrhoea is controlled or Diasyn injection may be
one ml. every 24 hours, till the acute condition
des. For summer diarrhoea Gastromone and
umco with lime juice is very useful. Sal Phos is
in small doses after recovery from Diarrhoea to
se the appetite and to prevent digestive disorders.

ndicitis :

s an acute condition which requires immediate att-
n of the Surgeon. Medical treatment with anti-
s at the threshold of operation theatre can be tried.
cases, should better be referred to the Surgeon.
a and purgatives are contra-indicated in such cases.

Sprue : is a malabsorption syndrome usually characterised by insidious onset of looseness of bowels, genera weakness and loss of weight. The stools are pale, bulky, frothy, and greasy. This may be treated in different phases. (1) Dietary treatment (2) Treatment of dehydration (3) Convalescence.

Gastromone one tablet twice a day, Albo-Sang and Vital Essence twice before meals are recommended. Restricted diet (milk and fruits) will help the medical treatment. Carbohydrates and fats are to be restricted.

Intestinal Colic : It is a spasmodic pain of intestines. It may be due to distention of the bowel (commonly as a result of constipation) or accumulation of gas in the bowels. The colic of the small intestine is characteristically paroxysmal and is referred to the hypogastric region. It may be relieved by pressure. Sometimes it may be accompanied by diarrhoea or constipation ; such patients should be kept in warm and quiet place. No food should be given. Diagnosis or differential diagnosis may be helpful in the treatment of colic. If it is inflammatory in nature hospitalisation is advised. Otherwise, warm fomentation with hot water bottles in some cases may be useful in removing the gas. Sal Phos may relieve flatulence and similarly constipation. Diarrhoea shall be treated with Spolax or Diasyn.

Worms :

Intestinal worms may be generally roundworms, pin worms, threadworms, hookworms, etc. The patients with parasitic infestations may have false appetite or no ppetite at all. The main symptoms of intestinal worms

in the children are irritability, teeth grinding, bloated stomach, loss of appetite, convulsive seizures, low fever and anaemia. Two tablets of Piparid four times a day will show good results in case of round worms and thread worm infestation. Other minor complications can be treated with Sal Phos.

Liver–Spleen :

Liver is a vital organ which plays an important role in Carbohydrate, protein and fat metabolism. Enlargement of liver may be due to several causes e. g. malaria, fatty liver, hepatitis. In the involvement of liver there is loss of appetite, metallic taste, biliousness, constipation or diarrhoea. Diagnosis of such cases is necessary before treatment. Such patients require high proteinic diet (citrus) fruit juice, skimmed milk at regular intervals. Successful treatment of such cases depends upon assimilation of food consumed. The patient must have complete rest, mental peace. Alcohol, fried or greasy foods and highly spiced foods should be totally avoided. He should have regular bowel movements. Good appetite and digestion are the symptoms of improvement. For this Sal Phos, Gastromone, and Herbitars (Herbal Bitters) are very helpful. In cases of malaria loquin is used. The same drugs can be used for the children in smaller doses. Albo–Sang is advisable during convalescence.

Gall stone : Sometimes development of gall stones may become a problem. Sometimes the stones are large enough to block the bile duct. When this happens the patient has an attack of biliary colic. It may be sudden and agonizing pain spreading round the edge of the right ribs and shoulder. If it is severe the patient may develop

severe shock with sweating and rapid feeble pulse and nauseating sensation. Skin may become pale, jaundiced and eyes are yellow. The treatment is given with anti-spasmodics. Diet needs attention. Bowels may be regulated by Herbitars (Herbal Bitters), over eating should be avoided. Fatty food is restricted. Greens and fruits may be eaten freely. Light exercise such as walking may be helpful in between attacks.

Spleen :

Enlarged spleen is a common complication of malaria. It should be treated with Ioquin and Herbitars (Herbal Bitters) for about two weeks. Albo-Sang is real tonic medicine, to be used for anaemia, weakness and loss of appetite developed generally during this condition.

Infections :

Malaria is a parasitic infection occuring after infected female anopheles mosquito bite. It may be acute or chronic. Acute attack is characterised by shivering, high fever and sweating. Attack may be on alternate days or every fourth day. This attack can be treated with Ioquin one to two tablets a day, for three or four days. (It is contra-indicated in pregnancy as it stimulates uterus.) It is bitter in taste and therefore it should be given mixed with honey, especially for children to mask the taste.

Signs & Symptoms :

Malaria : A typical attack of Malaria has three stages : a cold stage, a hot stage and a sweating stage.

COLD STAGE : lasting $\frac{1}{4}$ to 2 hours. The patient has headache and pains in the limbs and back, accompanied

by shivering. A rigor follows, in which his teeth chatter, he shivers violently all over and feels intensely cold.

HOT STAGE : generally lasts 4 hours, sensations of warmth gradually spreads over the whole body, often accompanied by stupor or delirium.

SWEATING STAGE : 1 to 2 hours. Profuse sweating ensues, the temperature falls and the the discomfort and pain are relieved. An attack may come on daily, every three days or recur every fourth day, depending on the type of malarial parasite.

Gonorrhoea :

Gonorrhoea is is a venereal disease due to gonococcal infection. It involves urinary tract (urethra, bladder kidney) and other organs. There may be acute inflammation of urethra with burning micturition and purulent discharge. If prompt measures are taken, acute gonorrhoeal attacks can be cut short. In neglected cases it becomes chronic and leads to several complications like stricture, joint pains, eye and heart involvement. In such cases Iobine and Brahamdine two tablets per day should be continued for a period of two to three months. Albo-Sang helps to overcome weakness in chronic cases. For burning micturition and discharge Hemo-Plex one tablet every four hours is useful. Frequent check up of urine for pus and culture sensitising tests may be necessary every now and then (Mere cessation of pus does not constitute a cure).

Gonorrhoea in females needs energetic internal and external treatment.

Attention must be paid to local cleanliness. Other treat ment is same as for males.

Dietary habits should be regulated. Food should be ligh Alcohol is prohibited. One teaspoonful of Albo-Sang can be given every six hours.

Syphilis : is an infectious disease caused by an organism known as Triponema palladeum. It is characterised by several acute, chronic and congenital complications. The primary sore (on the genitals) appears in a few days after sexual contact, which spreads and hardens. The glands in neighbourhood also become enlarged. It is known as primary Sore. It is followed by enlargement of glands, fever and inflammatory conditions of other structures and general discomfort in the secondary stage. Tertiary is associated with complications of nervous systems like paresis or paralysis. The special product for the treatment of syphilis is Iobine. Iobine injection may be given every 24 hours for a week and then the same may be continued orally. For the syphilitic ulcer ointment of Hemo-Plex is used. One tablet of Hemo-Plex may be given orally 3 to 4 times a day and when the symptoms disappear number of doses are reduced to 2/day. For sometime this is further followed by Iobine. Iobine is beneficial not only for acute cases of syphilis but also for chronic & latent and congenital forms.

Chest and lung infections :

Bronchitis is an upper respiratory tract infection. It begins with general discomfort with a feeling of tightness and rawness in the upper part of the chest. There may be typical attacks of dry cough followed by rise in tem-

perature. Gradually, the cough may be converted Into wet cough and breathing may become embarrassed, with bubbling or rattling sounds in the chest. This condition requires vigorous treatment, with Koflyn and Hormopirin every 4 hours. If the temperature is very high Hemo-Plex is added. The patient must remain in bed for a few days and should be given adequate amount of water and other fluids like milk. Application of Chesol or Rubzon on the chest and back is found very useful. This obviates the necessity of fomentation or anti-phlogistic applications. In chronic bronchitis, Meditab is recommended.

Signs & Symptoms :

Bronchitis begins with general discomfort, with a feeling of tightness and rawness in the upper part of the chest. The cough is at first dry and painful, but later temperature rises and breathing becomes looser with phlegm. With the loosening of the cough the pain grows less. The temperature may rise and breathing may become embarrassed, with bubbling or rattling sounds in the chest.

Pleurisy :

It begins with a severe stitching pain in the chest which becomes worse on breathing and coughing. The attack often starts with rigors and the temperature rises to about 101° F. As soon as there is effusion of fluid the pain diminishes, but breathlessness usually ensues. The temperature remains high and there may be a slight cough. If the temperature becomes hectic with rigors and profuse sweating, empyema is suspected. It is diagonised by clinical symptoms and signs provisionally.

Skiagram of the chest is necessary for final diagnosis Empyema is generally associated with constitutiona disturbances, loss of weight etc. This is to be treated surgically by aspirating the pus and administering anti-biotics (Intrapluerally and intramuscularly). Hemo-Plex and Hormopirin are the important remedies for these cases. Application of Chesol to the chest morning and night not only relieves pain but exerts anti-phlogistic effect. Albo-Sang in these cases helps to raise vitality of the patient. At times anti-tubercular treatment may be necessary for adequate period.

Signs & Symptoms :

Pleurisy begins with a severe stitching pain in the chest-worse on breathing, Coughing, etc. The attack often starts with rigors and the temperature rises to about 101° F. As soon as there is effusion of fluid the pain diminishes, but breathlessness usually ensues. The temperature remains high and there may be a slight cough. If the temperature becomes hectic with rigors and profuse sweating, empyema is suspected.

Tuberculosis :

The patients are best treated in sanatorium, and by che-motherapeutic agents. They require rest and special nutritive diet specially during fever and cough. In the early stages of consumption the patient feels weak and easily tired. He sweats profusely in the night and very often loses his appetite. A slight but persistent cough develops. Anaemia is a prominent symptom. As the disease progresses the temperature rises every evening, and the sweating and wasting increase. The cough

becomes painful and comes on in violent spasms. The expectoration is copious and may be blood stained.

We recommend the use of Albo-Sang which fortifies the constitution against this disease in particular and against all diseases in general. In fact, in the early stages of consumption Albo-Sang with chemotherapy will be very useful. If the patient cannot be sent to a sanatorium he should be kept in a garden for fresh air. For the treatment of cough small doses of Meditab may be given. Haemoptysis is treated with Chiniumco and Vital Essence. Loss of weight is corrected by diet like fruit juice, milk and administration of tonics.

Whooping cough :

It is an infectious disease commonly occuring in childhood. It is characterised by cough followed by sudden noisy inspiration or whoop. This is generally followed by vomiting of considerable quantity of sticky mucus secretion. The paroxysm often comes at night before sleeping or after meals. During the attack the eyes may become blood shot and bulge. The number of attacks may vary according to severity. As a rule relief does not arise until either vomiting occurs, or a considerable quantity of sticky mucus secretion is brought up.

As the disease is infectious and children are very susceptible to this disease the child suffering from whooping cough should be isolated and kept in bed while there is fever, in a warm but well ventilated room. If there is much vomiting the diet should be restricted to milk. Diet restriction and light meals will help to prevent vomiting.

Dangine is the useful remedy for this disease. It acts as an antispasmodic and expectorant.

In addition Vital Essence may be given to control severe paroxysms. The gentle massage of the chest with Chesol helps in preventing an attack. Decil may be given for pyrexia.

Signs & Symptoms :

Whooping Cough is an infectious disease occuring in childhood. It starts as a feverish cold with slight cough. The first stage lasts for about a week and then the typical cough is heard. The cough consists of a number of short, barking explosions, followed by a sudden noisy inspiration, or "whoop". A number of attacks usually follow on each other and, as a rule relief does not arise until either vomiting occurs, or a considerable quantity of sticky mucus secretion is brought up. The paroxysms most often come on at night before sleeping and sometimes, after meals. During the attacks the eyes bulge and may become bloodshot. There may be pain in the abdomen, nosebleeding, convulsions or rarely asphyxia.

Diabetes :

It is connected with the disorders of pancreas, which may result in interference with metabolism of Carbohydrates, proteins and fats. It is characterised by excessive thirst, appetite and urinary output. There may be hyper-glycemia (rise in blood sugar level) and glycosuria (sugar in urine). This is a disease due to faulty metabolism and It is connected with digestive disorders. The

appetite is usually excessive yet the patient may be thin. He suffers from muscular weakness, irritability and and some sort of depression. His mouth, lips and skin become dry. This disease leads to hypertension, visu a defects and rapid degenerative changes. The nervous system also may sometimes be involved. Diabetes is generally treated within (1) restricted diet (2) limited exercise and (3) drugs.

Diet has to be restricted according to the weight of the patient and the degree of disease. Active patients require adequate amount of food. Walking is the best form of exercise in diabetes. Diet should include skimmed milk without sugar, bread or chappati and a small amount of fat and rice. Large amounts of rice, sugar, starchy foods potatoes, bananas, mangoes should be stopped, or taken in restricted quantity till examination of urine shows no trace of sugar and symptoms disappear completely. One or two citrus fruits like sweet limes are permitted. Mersina is the remedy for diabetes. Two to four tablets thrice a day may be administered orally for a week. As the urine sugar falls the dose may be reduced to one to two tablets twice a day. A check on blood sugar may be maintained from time to time. But for depression and irritability, the nervous system may need attention and we recommend the combination of Vital Essence with Mersina.

For the loss of weight and muscular weakness in such cases Albo-Sang tablets once or twice are found to be useful.

All these symptoms may be due to protein deficiency. Therefore, high protein diet with digestants and limited exercise may be helpful in diabetic patients.

Dropsy (or Oedema)

It may be of two types.

1. Non-pitting on pressure

2. Pitting on pressure

Non-pitting oedema is due to mixedema (thyroid deficiency), Pitting oedema may be due to congestive heart failure. Oedema on the feet or lower extremities or on the dependent parts is generally due to heart failure. Oedema on the face is due to kidney disorders. Ascites (accumulation of fluid in abdomen) is due to liver disorders. Nutritional oedema is associated with the symptoms and signs of congestive heart failure. Early cases of Nutritional oedema is treated with Vitamin B_1, proteinic diet, and Albo-Sang.

When kidneys are affected, Turaico may be used. Kynotomine is useful in liver affection associated with oedema or Ascitis. When heart is involved Grandico is used. However, in all cases of oedema salt free diet is very essential and citrus fruit juice will be useful. Complete rest in bed along with the above treatment will show rapid improvement.

Glands :

Enlargement of lymph glands.

(1) They may be painful and enlarged.
e. g., inflammatory process.

This acute condition is generally treated with antibiotics.
(2) Glands may be enlarged, but may be painless ; such condition is seen in several diseases. It may be due to malignancy, virus infection or other conditions. Differential diagnosis is very important. The glands may be matted e. g. hodgkins disease. Anti-tuberculous treatment is required for tuberculous glands. Fresh air, sun light, rich food like milk, fruit juice, with Albo-Sang are necessary. Inflammed glands are best cured with antibiotics. Incision is not necessary unless it bursts spontaneously. However, if there is any wound, aseptic dressing with Ripanto is necessary. If healing is slow, sprinkling of Healan Powder on the wound may be useful. Sulfasen and Hormopirin are effective in cases of adenitis (inflammed glands). All chronic conditions have to be treated with Albo-Sang, milk and fruit juice.

Skin affection :

Skin diseases may be acute or chronic. The acute infection require treatment with anti-microbial agents, as well as locally acting drugs including aseptic dressings, application of poultice or plaster. Some of the chronic manifestations require treatment with internal medication to set right the constitutional disturbances. Iobine is known as a blood purifier. Albo-Sang enriches blood in a general way. By external use Ripanto removes

roughness of the skin due to dermatitis and that resulting from eczema. Recent tests have shown that intramuscular injection of Iobine does immense good in skin diseases.

Scabies is a common skin infection and is contagious. It is associated with severe itching and sometimes inflammation due to scratching.

Attention is necessary towards general health & cleanliness of the affected skin. Whenever necessary dress and bed linen should be changed. For prevention of reinfection cleanliness should be observed. Irritant type of soaps should not be used. Herbo-Sulph diluted with Ripanto in the proportion of one to ten may be used externally at bed time. This may be washed off next morning.

Ringworm :

It is a skin disease that may affect any part of the body. It begins as a small spot, which extends to form a circular patch. Ringworm may affect the beard, scalp etc. Ringworm is cured by application of Skinment which may be washed off in the morning.

Psoriasis : a chronic skin disease characterised by eruption of the salivary scaly patches on any part of the body.

Eczema :

It is a chronic skin disease characterised by black pigmentation. Occassionally it is infected and there may be

eruption of papules. This is to be treated with oral administration of lobine and external application of Ripanto which must be rubbed into the skin. Oral use of Herbo-Sulph and/or topical use of the same along with Ripanto (in the proportion of 1:5) gives good results. Incorporation of oily substances like butter, ghee, with Healan and using it in the morning and at bed time removes the trouble rapidly. Skinment also is used successfully in such cases. All chronic Skin affections should be treated with protein rich diet, citrus fruits, Vitamin C and Albo-Sang, which will help in constitutional disturbances.

Urticaria : is a common Hypersensitivity reaction characterised by appearance of patches of localised oedema on the skin (i. e. wheals) and rash with itching sensation. It is generally of short duration and may be frequent. It may due to some allergic reaction. The attack may be due to some antigen which may be diet content such as egg, shell-fish or a drug or inhalants or emotional stimulii or parasitic infection. For chronic recurrent attacks, an effort must be made to discover the factor responsible for it. Avoiding such food items generally keeps the susceptible man safe. The general health of the patient must be raised and septic foci removed. Undue physical fatigue or emotional stress should be avoided. Kynotomine tablets 3 to 4 times a day gives good relief. Hemoplex 1 tablet with honey and hot water is also useful. Constipation in such cases, should corrected with Spolax. Proper attention should be paid towards digestion and bowel movements. Albo-Sang is compatible with the above drugs.

Wounds and Cuts : require immediate aseptic dressing. Ripanto can be used for dressing purposes. In cases of abscess formation it is better to be drained before aseptic dressing, and Herbo-Sulph can be used to assist healing. If patient is having fever, Sulfasen may be given by injection. When the ulcer is oozing (wet) Dusting powder such as Healan may be used. For all septic wounds Hemoplex (one tablet three times daily) may be given.

Whitlow:

It is acute infection with inflammation of the thumb or finger. In mild cases injection of Sulfasen is sufficient. If infection is very extensive and painful, surgery may be resorted to. Consumption of citrus fruits is found to useful.

Rickets : (Osteomalacia).

It is associated with Vitamin D deficiency and disturbed calcium metabolism. This condition is commonly seen in growing children. Vitamin D deficiency disorder (Osteomalacia) may also be due to poor diet during pregnancy or lactation Vitamin D deficiency may also be due to lack of sunlight in certain situations. Early symptoms in children are restlessness, profuse sweating on the head and irritability. The earliest bony changes are thickening of the ends of bones, delayed teething. The child is a late walker. The children may develop pot-belly, bowed legs, knock-knee and other deformities. This is a common feature in artificially fed babies. Rickets should be prevented and also treated. Albo-Sang

by virtue of its Calcium content is very useful in such cases. It should be given twice a day with milk. Breast feeding is useful to infants. But the mother should be given rich diet containing Vitamin D and Calcium.

Sexual insufficiency or impotence :

Natural sexual appetite is spontaneous and may be satisfied legitimately without any harm and is beneficial to both the parties. Sexual excesses and abuses cause not only impotence but also shatter the nervous system and enfeeble the mental faculties.

The insufficiency may be due to physical weakness, nervous debility or psychic condition or some infection and its complications.

The cause may be indigestion, liver disorders and venereal diseases such as gonorrhoea and syphilis.

Treatment :– Careful and sympathetic hearing of the patient's history will help in finding out the cause. Nutrition plays an important role in sexual potency. Digestive disorders should be set right. Patient should be advised to take regular exercise, not to indulge in sexual intercourse outside marriage. Senzine gives mild stimulation to the sexual activities. It is given in the dosage of two tablets three times a day. In cases of neurasthenia Vital Essence may be given. Albo-Sang can be used with milk regularly morning and evening as a tonic.

Night emissions in males :

Many persons feel unnecessarily worried about night emission. An emission once a week in young persons may be taken as natural. These night emissions, however, become a disease in the case of those who have been the victims of selfabuse for several years and whose constitution has become shattered. Even in these cases there is no need to dispair. However, it can be prevented by taking regular butter milk, lime juice, citrus fruits and avoiding non-vegetarian foods temporarily. The patient should not take alcohol. Such patients are advised to take Albo-Sang with milk in the morning and Nevoss 1-2 tablets at bed time. Constipation should always be avoided.

Phosphaturia :

One tablet of Vital Essence twice a day together with 2 tablets Nevoss at bed time is good for those who pass a lot of phosphates in urine. Two drugs can be taken together thrice a day.

Spermatorrhoea :

Phosphaturia sometimes gives false impression of spermatorrhoea. Butter milk and fruits will reduce phosphaturia.

Albo-Sang may be given twice a day. Senzine may be given in small doses when spermatorrrhoea is associated with impotence.

Asthma : Bronchial Asthma is a clinical syndrome characterised by paraxysmal wheeze and breathlessness

caused by increased resistance to the flow of air through narrowed bronchi. It may be due to :

(1) Allergic factors

(2) Emotional tension which may be precipitated by psychological trauma or stress.

(3) Due to bacterial or viral infection of respiratory tract which subsides when the infection is controlled by antibiotics.

But the two chief processes concerned are broncho-spasm or swelling of bronchial mucosa. It seems that asthmatic bronchial obstruction predisposes to the development of bacterial infection. Bronchial Asthma may be acute or chronic. Generally it is associated with infection of the respiratory tract. Such condition is known as Asthmatic bronchitis.

An attack of Asthma often comes on at night and the patient wakes up to find himself struggling for breath. He is in great distress and may get out of bed and open the window in an attempt to obtain more air. (sometime the heart also is involved, and it is known as cardiac asthma. Cardiac Asthma is also seen in hypertension and other cardiac disorders).

In bronchial asthma there is prolonged respiration. And it may be complicated with Bronchiectasis (Dilatation of alveoli.) If the patient expectorates well the attack will subside. Otherwise, it may be characterised by bronchi and wheezing sounds. Patients of bronchial asthma

require education regarding eteological factors. Fo example allergy due to certain food contents or drugs Alcohol, offensive smell, undesirable sight, emotiona upset etc. may precipitate an attack of bronchial asthma. Investigations also may be necessary. Intestinal parasites and skin disorders may give rise to secondary eosinophilia and thereby a condition like bronchial asthma. Much can be done to prevent an attack by general attention towards health and avoidance of fatigue, constipation and heavy meals. The night meal should be very light and is best taken early in the evening. Diet whic his suitable to patient only should be given.

Signs & Symptoms :

Asthma : is characterised by spasmodic attacks of breathlessness and coughing and a feeling of suffocation and tightness in the chest and throat. An attack of Asthma often comes on at night and the patient wakes up to find himself struggling for breath. He is in great distress and may get out of bed and open the window in an attempt to obtain more air. At first the chest is almost motionless, but later there are deep, slow expirations, accompanied by loud wheezing.

Treatment is given according to cause. Attention may be necessary to prevent an attack. Breathing exercises are very valuable both in children and adults. During an attack of bronchial asthma daily injection of Benzomones for a period of 1 week is generally sufficient to give relief. Desma tablets are very useful in preventing and controlling spasmodic attacks of bronchial asthma and assisting expectoration. Meditab is useful in between

attacks. Chesol is important auxiliary for external application to chest. Albo-Sang may be used to improve general health.

Treatment of Babies and Children :

Treatment starts with education of the expectant mothers. The pregnant lady should have regular habits. They require proper diet and exercise and they should see that the diet taken is properly digested. There should be no physical or mental strain nor emotional upset. No drug is advised during the first trimester which may produce mal-formation in the new born baby. Tonic medicines containing calcium, iron, folic acid may be necessary for the development of foetus. Albo-Sang is a desirable drug and should be continued during the third trimester along with other tonics. The constitution of the of the baby generally depends on the constitution of the parents, medication during pregnancy and intercurrent infections during the pregnancy and the drugs used for the treatment. Premature baby requires special attention, since the organs are underdeveloped and metabolism of food, drug and their excretion may be more complicated. They require the dose according to body weight and preferably in subtherapeutic dose. Children are very susceptible to infections. But they can tolerate purgatives like castor oil. It is the duty of the mother to regulate the bowels of children, feed them with easily digestible eatables and try to prevent gastro enteritis, or other infections. Infections during the growing age, may cause retardation or stunted growth. Immediate attention towards infection is very essential, for example, small pox, chicken pox, measles, poliomyelitis, whooping

cough etc, can be prevented by primary and secondary vaccination. Like pregnant ladies, the growing children also require rich and easily digestable diet and Vitamin thereby. Albo-Sang is useful for development of bones and advised for growing children. Constipation may be set right with Taxine. and digestion with Sal Phos. Bio-Sal is carminative and is recommended to children for belching. Loss of appetite in children is treated with Herbitars (Herbal Bitters). The enlargement of liver in malaria can be treated with small doses of loquin and Kynotomine, one tablet each.

Dentition :

Eruption of teeth take place at 6th month generally. It is a troublesome period for weak infants and they often suffer from vomiting and diarrhoea. When there is no proper eruption of teeth during the expected period, the children should be prescribed Albo-Sang which is an ideal preparation for growing children. Under-nourished children generally suffer from defective dentition. Mothers have to take care of their children and give particular attention towards dentition. Sal Phos is particularly useful during the period of Teething. Phenocalcine may be given to allay pain. If the child is very troublesome give Vital Essence.

Blood Pressure :

Hypertension generally occurs in old age. It is known as essential Hypertension. Rise in blood pressure may be due to Toxaemia of pregnancy also. Generally it gives rise to headache, giddiness, breathlessness on exertion

ometimes irritability, sleeplessness and palpitation. It nay complicate to heart failure, kidney failure, or paralysis and sometimes blindness. Such severe cases are best treated in the hospital.

Sometime there may be high blood pressure in young age, with involvement of kidney. It is very serious. High blood pressure may also be due to psychic causes and such cases should never be treated with anti-hypertensive agents. Vital Essence one tablet three times a day is necessary to allay anxiety & worry. Albo-Sang may be given in low or high blood pressure as tonic and constipation should be corrected with Spolax.

Treatment of Essential Hypertension :- Precautions like regulation of dietary habits, light meals at night, avoiding smoking and alcohol, excessive tea or coffee, may be very essential along with drug treatment. Fruit juice is another essential item as it removes constipation and also acts as a diuretic. Diuretics generally reduce extra cellular fluid volume and bring down blood pressure. Therefore fruit juice acts as a nutritive agent as well as a diuretic.

Bleeding :

Bleeding or Haemorrhage may be in the form of epistaxis or from piles or from uterus. Severe bleedings are generally associated with shock. In such cases Vital Essence is prescribed which prevents shock by acting as a sedative and Chiniumco is used as the prime remedy for such haemorrhages.

Ear infection :

There may be external ear infection or middle ear infection.

External ear infection : It is generally treated with otic drops or powder containing local antiseptic. Healan (dusting powder) has been found to be very useful.

Middle ear infection :- It may be acute or chronic. Acute infection is generally associated with severe pain or sometimes fever. It is common in children. Such pain can be relieved by Decil symptomatically. Chronic infection is complicated with discharge due to perforation of ear drum. There may be partial deafness sometimes. This condition requires prolonged treatment with antibiotics and antiseptic ear drops for topical use. Entrops topically twice daily and Hemoplex orally four times daily may be used in such cases. Throat should be thoroughly cleaned. Attention towards general health is important and constitutional symptoms like general weakness can be treated with Albo-Sang.

Eyes

Eye drops prepared with Rasgent in distilled water (boiled) may be used for inflammatory conditions. When there is much pain, Chiniumco can be given orally.

Gynaec Disorders :

These are the diseases pertaining to uterus and vagina, fallopian tubes and ovaries (genital tract). Disorders

may be due to hormonal imbalances or lesions in the organs or irregular menses. They may occur at puberty or menopause. Symptoms of menopause can be treated with substitution therapy. The menses may be profuse, irregular or scanty and with or without pain. Determine the cause for the above and treat accordingly. Vital Essence can be used as a sedative in such cases.

Dysmenorrhoea : (Pain with periods) It may be due to organic cause such as uterine fibroid but more commonly without any lesion. Such patients require sedatives, rest, reassurance as first line of treatment. Brahamdine is the drug of choice for spasmodic pain. Vital Essence may be given as a sedative In severe cases, Chiniumco or Amyglia are advised. Attention towards general health is necessary for eg., regular exercise, treatment of anaemia and constipation.

Other uterine affections :

In case of amenorrhoea (scanty menstruation) Auratinum 1 to 2 tablets three times a day may be given. For Menorrhagia and Metrorrhagia Chiniumco is the right remedy.

Leucorrhoea : (White discharge).

Cause of Leucorrhoea is not definitely known ; but is generally seen in weak constitutions. Albo–Sang is useful in such cases to raise vitality. Brahamdine should be tried first as a main remedy in mild cases. In severe cases Auratinum and Chiniumco together are useful. Discharges may be sometime associated with venereal

infection. Such cases require local and systematic therapy with antimicrobial agents and vaginal irritation with antiseptics. In such cases oral medication of lobine is very useful.

Pregnancy :

During pregnancy Albo-Sang helps the nutrition of mother. It is helpful for the development of foetus. Albo-Sang can be given to lactating women also.

Delivery :- Labour may be very difficult sometimes. Auratinum helps to make delivery easy and natural. It induces labour pains when they are weak or absent. One tablet of Auratinum in the morning and one tablet of Chiniumco in the evening can be administered. Vital Essence is of great value in relieving anxiety during delivery. Vital Essence has to be given if delivery is delayed and the patient is anxious or agitated. If there is profuse bleeding after delivery Chiniumco may be given. Fever after delivery is a serious matter. If it is neglected, it may sometimes be complicated to tuberculosis.

Fevers :

It may be due to several causes. For example sun stroke which is treated with complete bed rest, fruit juice, water and Decil if necessary. Flu is treated with Decil. This will help in controlling body pains, neuralgia, myalgia and temperature. Fluzen in useful remedy for low grade fever in children. If Fluzen does not bring down the temperature within a reasonable time or if the temperature runs high Phenocalcine should be tried. For fevers

due to infection or inflammations, Respiratory tract (bronchitis, Pneumonia) Pleurisy or any septic condition, Sulfasen and Hormopirin can be used. Decil and Phenocalcine are useful in rheumatic fever. It combats fever and relieves pain.

Headache :

It is a symptom of many different diseases of varying severity. Acute and transient headache is found at the beginning of many febrile conditions, including the common cold. Other common causes of Headache are constipation, eye-strain, anxiety neurosis, high blood pressure, diseases of the nose, teeth or ears, migraine, anaemia, kidney disease, etc. Determination of cause is very essential before the proper treatment. Decil or Phenocalcine may be used as routine remedy as a symptomatic cure for headache Hormopirin is necessary in high temperature. Application of Rubzon on forehead affords relief. Vital Essence at bed time helps sound sleep. Nervo-Plex injection can be tried if oral medication is not successful.

Hair and Scalp affection : Falling of hair may be due to general debility, vitamin deficiency or fungal Infection. In general debility, Albo–Sang is very useful. Olosyn diluted with coconut oil rubbed into scalp with finger tips daily induces sound sleep. Olosyn helps in the growth of hair and prevents fall of hair. If ringworm of the scalp is responsible for loss of hair Skinment may be used after clipping the hair short.

Heart Diseases :

A patient suffering from heart disease, will have breathlessness on exertion, palpitation, chest pain, or swelling of the feet, pitting on pressure. Heart diseases may be due to several causes. For eg., infection (i. e. rheumatic fever causing mitral stenosis (valvular disease). Decil and Phenocalcine can combat fever and inflammation of joints. But Antibiotics may be necessary to treat local sepsis.

Coronary affection like angina pectoris, should be treated with Amyglia. Coronary thrombosis is a very complicated case and the patient should take complete rest in bed or he should be hospitalised and treated with analgesics, anticoagulants and vasopressor drugs. No purgative is advisable. Fruit juice is very useful in such cases. Sometimes heart affections are certainly aggravated by digestive disorders, chiefly by formation of gases. Hence digestive disorders must be set right with Sal Phos and Spolax.

Jaundice : is a symptom characterized with yellow colouration of sclera and skin. There may be fever and itching sensation. Heart rate is diminished. The stools are clay coloured and the urine is dark yellow and appetite is lost. This is generally due to virus infection involving liver. Jaundice is simple as well as complicated. Therefore early diagnosis and immediate treatment is necessary. It may be obstructive type or toxic. Obstructive type may be due to virus infection or round worm infestation, malignancy of the pancreas, and biliary cirrhosis generally. In case of round worm infes-

tation Piparid is the specific drug of choice. There is no treatment for cirrhosis of liver or malignancy.

Hepatotoxic drugs may cause toxic jaundice. Biliary cirrhosis if not properly treated leads to Toxic Jaundice. Treatment of cause is very essential which includes prevention of complications. Kynotomine 1 tablet for adults three times a day is the routine remedy. For children dose is reduced according to age. A dose of Herbitars (Herbal Bitters) at bed time is useful. Protected or tap water (i.e., chlorinated water also) can carry virus infection. The patient of jaundice must use boiled water after cooling it. Citrus fruit juice must be given in all cases followed by water. Milk powder or butter milk without cream may be allowed with salt along with Albo-Sang which should be given during convalescence and after recovery also. Patient is advised complete rest and fat-free diet during treatment and convalescence.

Renal Colic : is characterized by severe spasmodic pain. Pain felt at the lumbar region (in the back at the site of the kidney) shooting towards the bladder. It is spasmodic which is generally due to stones, which may be of various sizes. Small stones or gravel may pass easily down the ureter and be voided in the urine, or sometimes remain in the bladder (if size is bigger). Larger stones may become impacted in the ureter or only pass with great difficulty giving rise to renal colic. Before this condition arises the patient complains of an aching loin, with occasional attacks or more colicky pain. Urine has to be passed frequently but scanty and is usually blood-stained. When the stone begins to pass down the ureter, the pain increases to agony. It is some-

times not tolerable and produces shock. After a varying period the stone suddenly passes and the pain ceases.

Signs and Symptoms : It is generally treated with anti-spasmodics. Belladonna atropine compounds are useful when they are administered along with a drug like pethidine. The formation of the stones is generally due to dietary disturbances associated with some sepsis in the urinary tract and it is advisable to prevent the recurrence of this disease by regulating the diet. Citrus fruit juice with plenty of water and butter milk with lime juice given alternately will prevent further growth and helps elimination of small stones. The chief remedy is Turaico which is also an excellent medicine for albuminuria. When there is pain in the back Hormopirin may be used alternatively with Turaico and Rubzon applied externally.

Mouth, Tongue and Teeth :

The foul smell in the mouth may be due to interference with digestion ; improper maintenance of teeth and their unhygienic conditions. It is also associated with infection (i. e) pyorrhoea or sometimes Vitamin C deficiency (i. e. scurvy). Sometimes there may be dyspeptic ulcers in the mouth. Foul smell and indigestion may be set right, by correcting digestion and regulation of bowel habits. Sal Phos is useful for digestion and Spolax for constipation. Medicated Tooth Powder is used as a dentifrice which checks gingivitis and soothens spongy gums preventing pyorrhoea, Patient is also advised to use citrus fruit juice, along with Albo-Sang regularly

Frequent mouth wash with anti-septic i. e., Entrops may be necessary. The latter also lessons the pain, as it is analgesic, anti-septic and anti-inflammatory. In complicated cases, a dentist must be referred to.

Pyorrhoea :

It is an inflammatory condition associated with pus formation commencing at the junction of teeth and gums. The gums become shrunken and retracted and the teeth loose. It may be accompanied by offensive breath. Pyorrhoea may interfere with mastication of food and cause digestive disorders. The pus may be swallowed or somehow absorbed into blood-stream and cause serious upset to the general health. The use of our Medicated Tooth Powder checks and prevents pyorrhoea. It should be used in the morning and at bed-time, and preferably after every meal if there is much inflammation of the gums. Entrops is a useful remedy to cure pyorrhoea, unless the condition is far advanced and calls for removal of bad teeth. Digestion and general health should receive attention.

Toothache-Gum Boil :

Toothache is treated with Decil. Gum boil which is associated with inflammation of the gums and severe pain may be treated with Entrops to relieve pain and inflammation. If the effect is slow Vital Essence may be given as a sedative. Constipation is corrected with Spolax. Medicated Tooth Powder is used in morning and at bed time. Vitamin C or lime juice or citrus fruit juice

should be taken regularly. If sepsis is severe anti-microbial agents must be used.

Nose :

Nasal catarrh is sometimes very troublesome. When the nose is blocked it may produce some complications such as adenoids or sinusitis. Such cases should be treated with Entrops. A few drops of Entrops two to three times in a day relieves the sufferer from chronic nasal trouble. Treat constipation by Spolax. Breathing exercise should be started and regulated for 5 to 10 minutes in the morning and evening. Dietary habits should be adjusted accordingly.

Piles :

It should be differentiated from fissure in Ano. Piles may be due to irregular bowel habit, constipation and less taking of water, excess straining at stools or difficulty in defaecation or due to formation of concretions. These factors may cause not only piles but they may also be responsible for severe bleeding due to injury of preformed varicose veins. Internal piles within the bowel give rise to a feeling of heaviness and actual pain when the mass protrudes. There is some bleeding which tends to get worse and when it becomes chronic it may lead to anaemia.

External Piles : Sometimes get thrombosed. If thrombosis occurs, piles become swollen, extremely tender and painful. Such cases require surgical treatment and treatment with antibiotics. Mere controlling the blood is

not the treatment. Because complicated piles (second or third or fourth grade piles) require surgical treatment. Piles (first grade) can be set right by regulating bowel habits and correcting constipation with Spolax. No irritant purgative should be given in such cases. When there is bleeding Chiniumco is given twice a day and Ripanto should be applied (at bed time or after evacuation of bowels) by introducing it in anus with finger glove. This will be helpful in soothening the pain and stopping the bleeding. Fissures are tiny cuts in the anus. Apply Ripanto twice a day. Constipation is to be avoided but no purgative is allowed except liquid Paraffin or Olive oil.

Prolapsus ani : Prolapse rectum occurs commonly in undernourished children after diarrhoea or dysentery.

Treatment : Reduce the prolapse by gentle pressure if it does not recede spontaneously. Ripanto may be applied locally after emptying of bowel and again at bed time.

Pimples :

Rasgent is administered orally for 2 weeks. 1 grain in the morning and evening after meals. Avoid constipation. For BOILS, in addition to Rasgent and Albo-Sang Hemoplex may be given after meals. When boils burst apply Ripanto with Healan, for dressing of wound. In severe cases injection of Sulfasen may be necessary. If pimples (Acne) tend to persist, diet should be regulated. Patient is advised not to take much fat. He is allowed to take citrus fruits, butter-milk, lemon and gentle out-door exercise daily.

Rheumatic Fever or Acute Rheumatism :

It is an acute feverish condition characterised by severe inflammatory changes in the joints and complicating heart sometimes.

In a typical attack there is a preliminary throat infection and the knee joint is usually first affected, becoming painful, red and swollen. This is followed by involvement of the other big joints. Septic foci should receive attention and be treated with anti-microbial agents. Decil and Hormopirin may be given to relieve joint pains and fever symptomatically. Phenocalcine is a routine remedy. The addition of lobine has synergistic value if used along with Chesol or Rubzon used externally. Relief in most cases is almost immediate, especially when when there is inflammation. Attention towards digestion and regular movement of bowels may be necessary. It is convenient to use Remorin 1 ml. subcutaneously every 24 hours in such cases.

Sciatica :

It is pain in the sciatic nerve due to inflammatory changes in the Nerve itself or due to some sort of pressure from the surrounding region. Radical treatment Is very tedious. Attention towards cause is necessary. But Decil can be given symptomatically to relieve pain when there is no tenderness. A counter irritant like Rubzon can be applied externally and massage & or fomentation may be given. Vital Essence may be given to induce sleep.

Lumbago :

Pain in the lumbar region : It may be due to involvement of the Superficial muscles or spinal nerves. Myalgia can be treated with Decil. Cause of myalgia should be determined and treated accordingly. Decil is given orally as a symptomatic treatment and Rubzon for external application.

Throat Infection : It includes pharyngitis. When there is irritation or inflammation gargles of Entrops may be used, one teaspoonful at a time 2 or 3 times a day. The routine internal remedies are Decil and Fluzen (orally).

Tonsillitis :

It is a common complication in children. There may be inflammation, pain in the throat and difficulty in swallowing. The temperature may run high. The tonsils are swollen and congested, breath is foul and the glands at the angle of the jaw are enlarged and painful. Such cases are treated with Phenocalcine or Decil tablets two or three times a day, and Hemoplex. Gargles of Entrops prove better. Externally Rubzon applied to neck will prove useful. Phenocalcine is very useful in pyrexia associated with tonsillitis. Simultaneously a regular course of anti-biotic therapy to eradicate septic focl or throat infection is necessary. Pain and inflammation subside gradually. Albo-Sang should be used afterwards to improve general health.

Urinary Troubles : (see also Kidneys)

Frequent urination (not profuse) may be due to nervous weakness. Nevoss is found useful in nervous weakness. Profuse and frequent urination may be due to diabetes for which Mersina is the specific drug. In Spermatorrhoea Senzine must be given. For retention of urine associated with pain, Chiniumco and Turaico are used alternatively. Bowels are regulated with Spolax. In all cases Albo-Sang must be given to raise the Vitality. If retention of urine is due to obstruction no diuretic should be given. Surgical treatment should be resorted to.

Bed-Wetting :- is very common in young children and often very troublesome. Such patients are generally nervous. Here Vital Essence may be given twice a day after meals and Nevoss may be given at bed time. Try to win the child's confidence and show him extra affection. Child should be given food at least three hours before going to bed. Bladder should be emptied at bed time.

Migraine : It is also known as Hemicrania. The attack may be severe in some cases. It is characterised by pain tenderness on the forehead, or cheeks. It may also be associated with sinusitis. Symptomic treatment with Decil (two tablets three times daily) proves effective. Phenocalcine and Vital Essence at short intervals may give temporary relief. The patient should be kept in dark room in severe cases and bowels should be regulated. Mental and physical strain should be avoided. Easily digestible food should be taken. Fatty foods and anything that is known to cause the attack of migraine should be avoided. Vital Essence may be given when the patient

is not having sleep. Between attacks Vital Essence and Gastromone (one tablet each three times a day) must be given. Regular Use of Herbitars (Herbal Bitters) helps to avert attacks. Nervo-Plex injection is also useful Visual defects should be corrected by using suitable glasses. Sinusitis should be treated with antrum wash.

Classification of diseases, drugs and how to prescribe.

I. Classification :- Diseases may be classified as :-

(1) Functional Diseases :- (e. g., psychoneurosis) Such cases require Tranquillisers, assurance and suggestions by the attending physician.

(2) Structural Diseases : Here some organs are Involved. For example kidney, liver or endocrinal glands. Their functions are impaired. They require drug treatment to correct it.

II. Classification :- Diseases may be classified as :-

(1) Acute diseases :- (i. e., severe diseases.)
Example : lobar pneumonia, acute dysentery, Here immediate attention of physician is necessary.

(2) Chronic diseases : (generally less severe)
They are generally long standing disease and may or may not be associated with complications.
Example : syphillis, with or without nerve complication.

III. Classification

(1) Congenital diseases :- (i. e., disease by birth itself.)

Example : malformations occuring by administration of drugs during first trimester of pregnancy (Note :- no drug should be given during this period)

(2) Acquired diseases :-
They may be :-

a) Traumatic disorders (due to injury or burn etc.)

b) Infectious diseases (due to pathogenic or virulant micro-organisms or parasites).

c) Inflammatory diseases :-
Example : skin rash, bronchial asthma.

d) Allergic disorders :-
Example : skin rash, bronchial asthma.

e) Vitamin deficiency e.g. Beriberi, Scurvy, Night Blindness. Protein deficiency causing oedema.

f) Malignant disease :-
Example : cancer, leukaemia.

g) Metabolic disorders :-
Example :- Hyperthyroidism, diabetes mellitus

h) Drug induced diseases :-
Due to :

(1) Irrelevant or misuse of medicines.

(2) Excess or inadequate dosage of drugs.

(3) Polypharmacy and drugs interaction.

(4) Use of drugs when contra-indicated, resulting in some untoward reaction or permanent damage to organs like kidney, liver and bone marrow.

IV.

1) Diseases of Skin and mucous membrane
Example : septic wounds, conjunctivitis, bacillary dysentery, urinary tract infection.

2) Systemic diseases :-

a) Gastro-intestinal.
Example : peptic ulcer.

b) Central nervous system ;-
Example : epilepsy.

c) Autonomic nervous system :-
Example : hypertension.

d) Cardio vascular system
Example: angina pectoris, coronary thrombosis.

e) Respiratory system :-
Example : bronchial asthma, Pulmonary tuberculosis.

f) Kidney :

Example : nephritis nephrosis.

g) Liver :

Infective Hepatitis causing jaundice.

h) Bonemarrow or blood :-

Example : anaemia.

i) Genital System :-

Example : amenorrhoea, dysmenorrhoea.

j) Diseases relating to eye, ear, nose and throat.

How to prescribe :-

Regimen Therapy

When the disease is acute immediate attention is necessary, otherwise it may produce complication or may become chronic. Acute disease requires short term therapy. e. g. pneumonia, Gonorrhoea can be cured within a week. But the chronic diseases require treatment for 40-60 days. Tuberculosis requires treatment for minimum 1½ yrs. Leprosy requires treatment for 4-8 yrs. with specific chemotherapeutic agents. In all chronic cases there is general debility and such cases are treated with tonic medicines and easily digestible diet during convalescence. Indadequate dosage for inadequate period may give rise to several complications.

Note :-

1. The special tonic medicine that enriches nutrition is Albo-Sang.

2. Those compounds that have direct action upon the digestive system are : Chiniumco, Diasyn, Gastromone, Herbitars, Kynotomine, Magnine, Piparid, Sal Phos, Spolax, Taxine.

3. Those that act directly upon the nervous system are Agarco, Amyglia, Decil, Hormopirin, Nervoplex, Nevoss, Senzine, Vital Essence.

4. Those that act upon blood (tonic and purifier) are : Albo-Sang, Hemoplex, Iobine, Ioquin, Meditab, Rasgent, Herbo-Sulph, Sulfasen.

5. Those that act on the respiratory system are : Benzomones, Dangine, Desma, Fluzen, Hormopirin, Koflyn and Meditab.

6. Those that act on the urinary system are : Nevoss, Turaico.

7. Those that act on the circulatory system are : Amyglia, Auratinum, Grandi-Co.

8. Those acting on the uterus : Auratinum, Brahamdine, Chiniumco.

(1) In acute diseases one single remedy or combination may suffice to cure the trouble.

(2) In severe cases and exhausting diseases, proper attention is to be paid to nutrition and digestion during convalescence.

(3) The action of the drug depends upon the functional integrity of the tissues, constitution of the patient and his nutrition.

The practitioners' success depends upon his scientific knowledge, familiarity with disease pattern, understanding pharmacological actions, toxicity of drugs employed as well as proper selection of drug in a particular disease.

Medicine is a science and Therapeutics is an art. The physician, therefore, should make an attempt to increase his ability both in theoretical as well as clinical aspects of the diseases.

The practitioner must be aware of the etiological factors of the diseases and try to investigate thoroughly before starting treatment. Attention should be paid towards the acute symptoms and signs of a disease.

Dispensing :-

Dose should be calculated according to the age of the patient. Infants and children require smaller doses, because their liver enzyme system is underdeveloped. Similarly full or therapeutic dose is not advisable in old age. Generally they require 3/4 of the Adult therapeutic dose because liver functions are impaired due to some degenerative changes in old age and the drugs are not metabolised properly. The dose prescribed in the therapeutic index is meant for an adult (age between 20 to 60). Therefore, children round about 10 years and below require 1/2 of the adult therapeutic dose.

Children should never be given medicine in the form of tablet or powder and no forceful medication should be resorted to, since it results in vomiting. Such drugs should be powdered and made palatable by mixing with honey or syrup. In diarrhoea and dysentery specific drug therapy is necessary and attention towards dehydration and Toxaemia is essential. Superficial pains should be treated with Decil Spasmodic pains to be treated with atropine. Decil is contra-indicated in Diarrhoea, Typhoid, severe abdominal pain and gastro enteritis.

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